

MONTGOMERY COUNTY

# GUIDE



MONTGOMERY COUNTY  
*Recreation*



FALL 2012

RECREATION AND PARK PROGRAMS

ICE SKATING

PILOXING

GOLF

KARATE

HIKES

ZUMBA

NATURE  
PROGRAMS

BASKETBALL

TENNIS

SWIM LESSONS

:

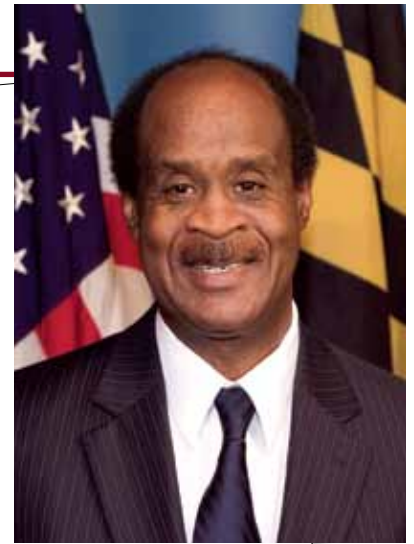
and much more!



# From the County Executive



Fall 2012



Dear Montgomery County Resident:

As we slowly emerge from record-breaking summer temperatures, it is a good time to take advantage of the many programs and activities that the Recreation Department has to offer. Whatever your interest - sports, arts, dancing, cooking or swimming - you are sure to find something for you in the Fall 2012 Recreation and Parks Guide.

In addition to sports leagues and classes, check out our numerous aquatic and community centers. With four indoor aquatic facilities and 20 community recreation centers that offer exercise and weight rooms, and gymnasiums there are plenty of options to keep physically fit and active. And, if you haven't visited our newest center, plan on dropping by the White Oak Community Recreation Center on April Lane in Silver Spring. This beautiful facility offers many amenities, including Montgomery County Recreation's first rock climbing wall.

Once again, our Recreation staff has provided an interesting and diverse line-up of classes and programs that appeal to all ages. The youngest ones can enjoy themselves in one of the tiny tots classes, while the older kids and adults might enjoy participating in one of the sports leagues or one of hundreds of various classes. Seniors should check out the many travel opportunities, as well as the exciting programs scheduled for our over-55 residents.

The fall also brings several annual special events planned by our Recreation Department. On Saturday, September 8, the ninth annual Silver Spring Jazz Concert will come to Veterans Plaza in Downtown Silver Spring. This year's headliner is Sergio Mendes who will be performing along with several other top-notch entertainers. The ever-popular Pool Pooch Party will take place on September 8 and 9 at the Wheaton/Glenmont Outdoor Pool, and the annual Thanksgiving Parade will kick off the holiday season on Saturday, November 17 in Silver Spring.

Treat yourself to the array of opportunities offered that will help you meet any goal you may have - whether it's working toward a healthier lifestyle, learning a new skill, relaxing or just meeting new people with common interests.

Sincerely,

A handwritten signature in red ink that reads "Isiah Leggett".

Isiah Leggett  
County Executive



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Montgomery County Government is committed to compliance with the Americans with Disabilities Act (ADA). To facilitate inclusion, interpreters, large print or Braille, auxiliary aids and/or services should be requested at the time of registration.

## HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tienen ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.

Registration for Fall Recreation Classes begins August 13th.

*Swim Lesson  
Registration begins  
August 15th.*



## Montgomery Parks



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The Maryland-National Capital Park and Planning Commission



## Vision

At Excel Beyond the Bell, we share a bright vision that all Montgomery County children and youth will be successful in school and in life. We see children and youth making smart choices, improving academic performance, discovering their talents, strengthening life skills, and preparing themselves for adulthood.

## Mission

Our mission is to inspire children and youth to realize their full potential by building a sustainable system offering safe, quality and accessible out-of-school time programs.

## Partners

We are a public-private partnership created by the Montgomery County Collaboration Council for Children, Youth, and Families, Inc., in association with Montgomery County Recreation (MCR), and Montgomery County Public Schools (MCPS).

## Locations

Argyle Middle School,  
Wheaton

Roberto Clemente Middle School,  
Germantown

A. Marion Loiederman Middle School,  
Silver Spring

Forest Oak Middle School,  
Gaithersburg

Neelsville Middle School,  
Germantown





# 12 Ways to have FUN this FALL

## 1 MAKE WAVES WITH AQUAZUMBA

An exhilarating water workout that will get your heart pumping! Page 14

## 2 SAVE A LIFE!

Earn your Red Cross Lifeguard certification. Page 22

## 3 STEPPIN OUT

Dance to the beat in our Chicago Steppin class! Page 49

## 4 MEALS TO "THAI" FOR

Learn the secrets to great Thai cooking. Page 54

## 5 EASE THAT ACHING BACK

Our Scoliosis Workshop teaches exercises, stretches, and movements tailored especially for those with scoliosis. Page 65

## 6 KICK IT OUT IN KARATE

Karate classes for everyone, from age 3 on up! Page 66

## 7 WORK OUT WITH WEIGHTS

Our Fit N Play Membership gives you access to our fitness and weight equipment at any Recreation Community Centers. Work out where you live, work out where you work, work out anywhere - just work out!! Page 61

## 8 TEEN FUN

Don't be left out! We have exciting programs for middle school and high school teens. Page 86

## 9 HIT THE HARDWOODS

Registration for our popular Fall Youth Basketball programs for Grades K-8 starts October 1. Page 82

## 10 FEND OFF THE FLU

Our Adult 55+ program will offer flu shots will be offered in September and October at various Recreation facilities. Page 89

## 11 ENJOY A WHITE CHRISTMAS

The classic holiday movie is now a stage show coming to the Kennedy Center December 15th. Just one of our exciting Trips and Tours. Page 101

## 12 DANCE THE MONSTER MASH

Put on your best costume and dance the night away. For adults and teens with disabilities. Page 103





*A family-oriented festival,  
featuring music, rides and games.  
Free Admission!*

**Saturday, October 6, 2012**

Music  
Crafts  
Exhibits Food &  
Beverage Vendors  
Scarecrow Making  
Pumpkin Painting  
Children's Games

**9:45am to 5:00**

**High Point Farm**

**23730 Frederick Road, Clarksburg, Maryland**

To learn more, call 240-777-8003 or visit [GermantownOktoberfest.org](http://GermantownOktoberfest.org)



**9:45am**

**10:00am to 5:00pm**

**10:00pm to 5:00pm**

**11:00pm to 5:00pm**

**Opening Ceremonies**

**Heidi & Helmut Echo Band  
United German Hungarian  
Schuhoplatzler Dancers**

**Rides**

**Wine Tasting**



# HAUNTED FOREST

The ghosts are flying!  
The body parts are laying mangled.  
And the chainsaw is roaring!

Take a walk through the wilderness ... if you dare.

OCTOBER 26	7PM-9PM	COURSE #340821
OCTOBER 27	7PM-9PM	COURSE #340822
OCTOBER 28	7PM-9PM	COURSE #340823
OCTOBER 29	7PM-9PM	COURSE #340824
OCTOBER 30	7PM-9PM	COURSE #340825
OCTOBER 31	7PM-9PM	COURSE #340826

REGISTER AT DAMASCUS COMMUNITY RECREATION CENTER OR ONLINE AT  
[RECWEB.MONTGOMERYCOUNTYMD.GOV](http://RECWEB.MONTGOMERYCOUNTYMD.GOV).

DAMASCUS COMMUNITY RECREATION CENTER  
25520 OAK DRIVE  
DAMASCUS, MD 20872

FOR MORE INFORMATION, CALL 240-777-6930.

TOURS BEGIN AT 7PM AND WILL RUN EVERY  
TWENTY MINUTES. EACH DAY WILL FILL QUICKLY  
SO WE ENCOURAGE EARLY REGISTRATION.

**\$12 PER PARTICIPANT**

THEATER STUDENTS ARE ENCOURAGED TO VOLUNTEER, PROP DONATIONS WELCOME.  
STUDENT SERVICE LEARNING (SSL) HOURS AVAILABLE. PARENTS MUST ACCOMPANY CHILDREN  
UNDER 12 YEARS OLD, NOT RECOMMENDED FOR CHILDREN UNDER 8.



**STARRING**  
**SERGIO MENDES**

**ALSO FEATURING**  
**MARCUS JOHNSON**  
**BRUCE SWAIM QUARTET**  
**ELLIOT LEVINE**

**9TH ANNUAL**  
**Silver Spring**  
**Jazz**  
**Festival**

**FREE!**

**SEPT 8, 2012 - 4:30-10:00pm**  
Located at Veterans Plaza (Ellsworth & Fenton)



MONTGOMERY COUNTY  
Recreation





# CLUB REC

**HOMEWORK TIME,  
SPORTS & GAMES,  
ARTS & CRAFTS,  
COMPUTER ACCESS\*,  
SPECIAL EVENTS  
AND MORE!**

**MONDAY-FRIDAY, 3-6PM  
\$60/MONTH**

*\* East County, Long Branch and Mid-County do not have computer access.*

## COFFIELD

Gwendolyn Coffield Community Center  
2450 Lyttonsville Road  
Silver Spring, MD  
Phone 240.777.4900  
Grades K-5

### COURSE № MONTH

338496	September
338497	October
338498	November
338499	December
312478	January
338501	February
338502	March
338503	April
338504	May
338505	June

## DAMASCUS

Damascus Community Center  
25520 Oak Drive  
Damascus, MD  
Phone 240.777.6930  
Grades K-8

### COURSE № MONTH

338506	September
338507	October
338508	November
338509	December
312510	January
338511	February
338512	March
338513	April
338514	May
338515	June

## EAST COUNTY

East County Community Center  
3310 Gateshead Manor Way  
Silver Spring, MD  
Phone 240.777.8090  
Grades K-5

### COURSE № MONTH

338516	September
338517	October
338518	November
338519	December
312520	January
338521	February
338522	March
338523	April
338224	May
338525	June

## LONG BRANCH

Long Branch Community Center  
8700 Piney Branch Road  
Silver Spring, MD  
Phone 240.777.6965  
Grades K-5

### COURSE № MONTH

338526	September
338527	October
338528	November
338529	December
312530	January
338531	February
338532	March
338533	April
338234	May
338535	June

## MID-COUNTY

Mid-County Community Center  
2004 Queensguard Road  
Silver Spring, MD  
Phone 240.777.6820  
Grades K-5

### COURSE № MONTH

338536	September
338537	October
338538	November
338539	December
312540	January
338541	February
338542	March
338543	April
338244	May
338545	June

## PRAISNER

Marilyn J. Praisner Community Center  
14906 Old Columbia Pike  
Burtonsville, MD  
Phone 240.777.4970  
Grades K-5

### COURSE № MONTH

338546	September
338547	October
338548	November
338549	December
312550	January
338551	February
338552	March
338553	April
338254	May
338555	June

## UPPER COUNTY

Upper County Community Center  
8201 Emory Grove Road  
Gaithersburg, MD  
Phone 240.777.8077  
Grades K-8

### COURSE № MONTH

338556	September
338557	October
338558	November
338559	December
312550	January
338561	February
338562	March
338563	April
338264	May
338565	June

## WHITE OAK

White Oak Community Center  
1700 April LN  
Silver Spring, MD  
Phone 240-777-6940  
Grades K-8

### COURSE № MONTH

339082	September
339083	October
339084	November
339085	December
339086	January
339087	February
339088	March
339089	April
339090	May
339091	June

**FOR MORE INFORMATION, PLEASE CONTACT THE COMMUNITY CENTERS LISTED ABOVE.  
VISIT [MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC) TO REGISTER.**

# ***TOTAL REC Pass*** ***Saves Money!***

**IT'S EASIER THAN  
EVER TO STAY  
IN SHAPE WITH  
RECREATION'S NEW  
TOTAL REC PASS!**

**WITH YOUR TOTAL  
REC PASS, YOU  
HAVE ACCESS TO  
ALL MONTGOMERY  
COUNTY RECREATION  
FACILITIES!**

- ★ SWIM AT ANY OF OUR  
INDOOR AQUATIC CENTERS
- ★ EXERCISE IN ANY OF OUR  
FULLY-EQUIPPED WEIGHT/  
EXERCISE ROOMS
- ★ ENJOY A PICK-UP GAME OF  
BASKETBALL
- ★ SHOOT SOME POOL



**SAVE MONEY! SIGNING UP  
SEPARATELY FOR EACH ACTIVITY IS  
MORE EXPENSIVE.**

**ADDITIONAL DISCOUNTS FOR FAMILY,  
PAIR, AND SENIOR PASSES!**

**BUY YOUR PASS ONLINE AT  
[RECWEB.MONTGOMERYCOUNTYMD.GOV](http://RECWEB.MONTGOMERYCOUNTYMD.GOV)**



We're going to the dogs  
with a

# Pooch POOL Party!

**\$10** per dog  
Pre-registration is  
required. Proof of  
current rabies  
vaccination  
required for  
admission!

11:00am-3:00pm

Wheaton-Glenmont Pool  
12621 Dalewood Drive, Wheaton

Saturday, September 8  
Sunday, September 9

Course #339770  
Course #339771



For registration information,  
visit [MontgomeryCountyMD.gov/rec](http://MontgomeryCountyMD.gov/rec)

Canine swimming only - humans will not be  
permitted in the pool. All dogs must be under the  
control of an adult, and any dog displaying signs of  
aggression will be asked to leave immediately. No  
female dogs in heat please!



# Just for the

MONTGOMERY COUNTY  
RECREATION

## HALLOWEEN HAPPENINGS

### DAMASCUS COMMUNITY RECREATION CENTER

Haunted Forest, October 26-October 31, 7-9pm, \$12 per participant. The ghosts are flying! The body parts are mangled. And the chainsaw is roaring. Take a walk through the wilderness...IF YOU DARE! For more details, see page 9 of the Guide.

### MARILYN PRAISNER COMMUNITY RECREATION CENTER

Halloween Happening on Friday, October 26, 6:30pm to 8:30pm for ages 12 & younger. Games, Crafts, DJ. Dancing, Moon Bounce & lots of candy. The event is free but we ask parents to donate unopened, individually wrapped candy.

### MID COUNTY COMMUNITY RECREATION CENTER

Halloween Magic Show on Friday, October 26, 7 to 9 pm. Experience the High Energy Magic and Comedy of one the east coast's premier entertainers...Speed. The Halloween Magic show will be followed by refreshments & craft activities. This will be a fun-filled family event you won't want to miss! The show is free, but registration is required and space is limited.

### EAST COUNTY COMMUNITY RECREATION CENTER

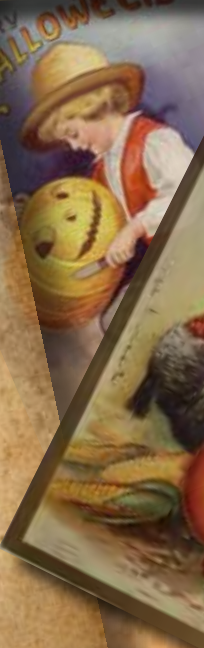
Halloween Extravaganza will be October 27, noon to 2 pm. Activities will include games, prizes, face painting, costume contest, crafts, candy counting contest & more.

### HOLIDAY PARK SENIOR CENTER

The Halloween Hoot on Wednesday, October 31, 1:15 to 3:15 pm. Music by The Night and Day Band. Costumes welcome but not required. \$2.00 at the door.

### WHEATON COMMUNITY RECREATION CENTER

Fall Harvest Fest (food, family and fun), Saturday, November 3, 3 to 6pm, \$3 per person age 5 and over (under 5 free with parent or guardian)





# RECORD

## GREAT EVENTS FOR FAMILY AND FRIENDS!

### 9TH ANNUAL SILVER SPRING JAZZ FESTIVAL

September 8, 2012 - 4:30pm to 10pm  
HEADLINER IS SERGIO MENDES!  
Veterans Plaza at the Silver Spring Civic  
Building, Ellsworth Drive and  
Fenton Streets.  
FREE!

### POOCH POOL PARTY

September 8 and 9, 2012  
11am to 3pm  
Wheaton-Glenmont Pool, 12621  
Dalewood Drive, Wheaton.  
Go to  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
to register or call 240 777 6840.

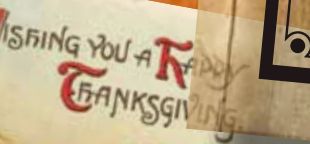
AS THE FALL SEASON KICKS INTO HIGH GEAR, DON'T  
MISS A MINUTE OF THE SPECTACULAR ANNUAL EVENTS  
PROUDLY PRESENTED BY MONTGOMERY COUNTY,  
MONTGOMERY COUNTY RECREATION AND OUR PUBLIC  
AND PRIVATE PARTNERS!

### 15TH ANNUAL MONTGOMERY COUNTY THANKSGIVING PARADE

November 17, 2012 - 10am to noon  
Starting at the Silver Spring Civic  
Building on Ellsworth Drive and  
traveling south on Georgia Avenue to  
Silver Spring Avenue, Silver Spring.  
FREE!

### OKTOBERFEST

October 31, 2012 - 9:45am to 5pm  
High Point Farm  
23730 Frederick Road, Clarksburg, MD  
For More details, see the add on page 4  
of the Guide or visit  
<http://www.germantownoktoberfest.org/>  
FREE!





# Be Active Montgomery!

Be Active Montgomery! is Montgomery County Recreation's new program to help you to get active and have fun! Check out the hundreds of Montgomery County Recreation programs, sports, aquatics and leisure offerings. Improve your health and well-being while having fun!



Be Active Montgomery! aims to provide quality leisure and recreation programming that increases the health, wellness, and livability of the Montgomery County community. We all know the value that leisure brings to achieving overall health and well-being. With Be Active Montgomery! you can be actively involved in recreational pursuits – whether they are more passive, such as art activities or cooking, or more physically active ones – in an effort to improve or maintain mental and physical health.

Check it all out here:  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec). Like  
Montgomery County Recreation on Facebook.  
Follow MoCoRec on Twitter.





# Aquatics

*Live a Little ...  
Swim a Lot!*

Schedules and Facility descriptions are available online at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

## **FAMILY RECREATIONAL SWIMS**

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

## **SWIMMING INSTRUCTION**

Please check each pool's listing for lesson schedule changes, due to facility conflicts. Lessons will be held on all other days the facility is open. Please register accordingly.

## **RENTALS - PARTIES!**

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the facility supervisor for available times and fees.

## **WEBSITE INFO**

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

## INDOOR POOLS

Martin Luther King, Jr  
Swim Center (MLK)  
240-777-8060  
1201 Jackson Road  
Silver Spring

Eunice Kennedy Shriver  
and Sargent Shriver Aquatic  
Center (KSAC)  
240-777-8070  
5900 Executive Boulevard  
N. Bethesda

Olney Indoor  
Swim Center (OSC)  
240-777-4995  
16605 Georgia Avenue  
Olney

Germantown Indoor  
Swim Center (GISC)  
240-777-6830  
18000 Central Park Circle  
Boyds



# WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 166

## Instructors:

Wellness Network: Linda Costello 301-924-3488 [wellnet1@aol.com](mailto:wellnet1@aol.com)  
 Waterworks: Sally Dimsdale 301-593-1609 [sallywaterworks@msn.com](mailto:sallywaterworks@msn.com)  
 H2O Fitness: Peggy Brower 301-603-1328 [browsers4@aol.com](mailto:browsers4@aol.com)

## ABS & GLUTES

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

14 Sessions \$73  
 Instructor: Peggy Brower  
 338304 MLK Swim Center 9/10 M 10:00am -10:50am  
 338305 MLK Swim Center 9/12 W 10:00am -10:50am

## AQUA CARDIO CHALLENGE

14 Sessions \$73  
 Instructor: Peggy Brower  
 340107 MLK Swim Center 9/9 Su 5:00pm - 5:50pm  
 Instructor: Network, Inc Wellness  
 340110 Olney Swim Center 9/11 Tu 7:00pm - 7:50pm

## AQUA MOMMY/ PRE-NATAL

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Children not potty trained must wear rubber pants over diapers. Your child will be in the class with you. A great class for Pre-Natal Moms.

14 Sessions \$82  
 Instructor: Peggy Brower  
 338314 Germantown ISC 9/14 F 10:30am -11:20am

## AQUA YO-LATES

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

14 Sessions \$73  
 Instructor: Peggy Brower  
 339360 MLK Swim Center 9/11 Tu 8:30am - 9:20am  
 339361 MLK Swim Center 9/13 Th 8:30am - 9:20am  
 338335 MLK Swim Center 9/14 F 10:00am -10:50am

## AQUAZUMBA

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a Fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

9 Sessions \$47  
 Instructor: Network, Inc Wellness  
 338323 Olney Swim Center 9/9 Su 9:00am - 9:50am  
 14 Sessions \$73  
 Instructor: Peggy Brower  
 338321 Germantown ISC 9/10 M 9:30am -10:20am  
 338326 MLK Swim Center 9/11 Tu 9:30am -10:20am  
 338328 Germantown ISC 9/11 Tu 7:30pm - 8:20pm  
 338327 MLK Swim Center 9/13 Th 9:30am -10:20am  
 338329 Germantown ISC 9/13 Th 7:30pm - 8:20pm  
 338322 MLK Swim Center 9/14 F 7:00pm - 7:50pm  
 Instructor: Network, Inc Wellness  
 338325 Olney Swim Center 9/10 M 8:00pm - 8:50pm  
 340109 Olney Swim Center 9/10 M 1:300pm - 2:20pm  
 338324 Olney Swim Center 9/12 W 8:00pm - 8:50pm

## DEEP WATER BOOT CAMP

A great way to burn lots of calories efficiently because your work your entire body -heart and muscles by going from one exercise to another. This class can be as challenging as you want it to be! Are you looking for a new challenge? Come join us! Course held in deep water, belt required.

14 Sessions \$73  
 Instructor: Network, Inc Wellness  
 338360 Olney Swim Center 9/14 F 1:30pm - 2:20pm  
 340112 Germantown ISC 9/14 F 1:00pm-1:50pm  
 340113 Germantown ISC 9/14 Tu 10:30am - 11:20am  
 340114 Germantown ISC 9/14 Th 10:30am - 11:20am



Check out the land ZUMBA classes listed on page 56



**DEEP WATER RUNNING & EXERCISE**

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

<b>7 Sessions</b>	<b>\$36</b>
Instructor: Sally Dimsdale	
338922 Germantown ISC	9/15 Sa 9:30am -10:20am
<b>10 Sessions</b>	<b>\$52</b>
Instructor: Peggy Brower	
338471 MLK Swim Center	9/8 Sa 9:00am - 9:50am
<b>10 Sessions</b>	<b>\$52</b>
Instructor: Network, Inc Wellness	
338483 Olney Swim Center	9/8 Sa 9:00am - 9:50am
<b>14 Sessions</b>	<b>\$73</b>
Instructor: Peggy Brower	
338470 MLK Swim Center	9/10 M 1:00pm - 1:50pm
338495 Germantown ISC	9/10 M 10:30am -11:20am
338468 MLK Swim Center	9/11 Tu 7:30am - 8:20am
338465 MLK Swim Center	9/12 W 1:00pm - 1:50pm
338494 Germantown ISC	9/12 W 10:30am -11:20am
338469 MLK Swim Center	9/13 Th 7:30am - 8:20am
338472 MLK Swim Center	9/14 F 11:00am -11:50am
Instructor: Sally Dimsdale	
338479 Kennedy Shriver AqCtr	9/10 M 8:30am - 9:20am
338475 Kennedy Shriver AqCtr	9/11 Tu 10:00am -10:50am
338477 Kennedy Shriver AqCtr	9/11 Tu 7:30pm - 8:20pm
338473 Kennedy Shriver AqCtr	9/12 W 8:30am - 9:20am
338476 Kennedy Shriver AqCtr	9/13 Th 10:00am -10:50am
338478 Kennedy Shriver AqCtr	9/13 Th 7:30pm - 8:20pm
338474 Kennedy Shriver AqCtr	9/14 F 8:30am - 9:20am
Instructor: Network, Inc Wellness	
338486 Olney Swim Center	9/10 M 7:00pm - 7:50pm
338490 Germantown ISC	9/10 M 7:30pm - 8:20pm
338466 MLK Swim Center	9/11 Tu 7:00pm - 7:50pm
338480 Olney Swim Center	9/11 Tu 8:30am - 9:20am
338484 Olney Swim Center	9/11 Tu 10:30am -11:20am
338492 Germantown ISC	9/11 Tu 9:30am -10:20am
338487 Olney Swim Center	9/12 W 7:00pm - 7:50pm
338488 Olney Swim Center	9/12 W 1:30pm - 2:20pm
338491 Germantown ISC	9/12 W 8:30pm - 9:20pm
338467 MLK Swim Center	9/13 Th 7:00pm - 7:50pm
338481 Olney Swim Center	9/13 Th 8:00pm - 8:50pm
338482 Olney Swim Center	9/13 Th 8:30am - 9:20am
338485 Olney Swim Center	9/13 Th 10:30am -11:20am
338493 Germantown ISC	9/13 Th 9:30am -10:20am
340111 Olney Swim Center	9/14 F 6:00pm -6:50pm

**WATER AEROBICS**

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

<b>14 Sessions</b>	<b>\$73</b>
Instructor: Sally Dimsdale	
338421 Kennedy Shriver AqCtr	9/10 M 9:30am -10:20am
338417 Kennedy Shriver AqCtr	9/11 Tu 8:30am - 9:20am
338419 Kennedy Shriver AqCtr	9/12 W 9:30am -10:20am
338418 Kennedy Shriver AqCtr	9/13 Th 8:30am - 9:20am
338420 Kennedy Shriver AqCtr	9/14 F 9:30am -10:20am
Instructor: Network, Inc Wellness	
338427 Germantown ISC	9/10 M 8:30pm - 9:20pm
338415 MLK Swim Center	9/11 Tu 8:00pm - 8:50pm
338423 Olney Swim Center	9/11 Tu 9:30am -10:20am
338426 Germantown ISC	9/12 W 7:30pm - 8:20pm
338416 MLK Swim Center	9/13 Th 8:00pm - 8:50pm
338422 Olney Swim Center	9/13 Th 7:00pm - 7:50pm
338424 Olney Swim Center	9/13 Th 9:30am -10:20am

**WATER EXERCISE FOR ARTHRITIS**

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

<b>14 Sessions</b>	<b>\$73</b>
Instructor: Sally Dimsdale	
338431 Kennedy Shriver AqCtr	9/10 M 11:00am -11:50am
338432 Kennedy Shriver AqCtr	9/12 W 11:00am -11:50am
338433 Kennedy Shriver AqCtr	9/14 F 11:00am -11:50am
Instructor: Network, Inc Wellness	
338434 Olney Swim Center	9/10 M 10:00am -10:50am
338429 MLK Swim Center	9/11 Tu 10:30am -11:20am
338435 Olney Swim Center	9/12 W 10:00am -10:50am
338430 MLK Swim Center	9/13 Th 10:30am -11:20am
338436 Olney Swim Center	9/14 F 10:00am -10:50am

**WATER EXERCISE**

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

<b>14 Sessions</b>	<b>\$73</b>
Instructor: Peggy Brower	
338437 MLK Swim Center	9/10 M 9:00am - 9:50am
338438 MLK Swim Center	9/12 W 9:00am - 9:50am
338440 Germantown ISC	9/12 W 9:30am -10:20am
338439 MLK Swim Center	9/14 F 9:00am - 9:50am
338441 Germantown ISC	9/14 F 9:30am -10:20am
Instructor: Sally Dimsdale	
338442 Kennedy Shriver AqCtr	9/10 M 8:30pm - 9:20pm
338443 Kennedy Shriver AqCtr	9/11 Tu 11:30am -12:20pm
338444 Kennedy Shriver AqCtr	9/12 W 8:30pm - 9:20pm
338445 Kennedy Shriver AqCtr	9/13 Th 11:30am -12:20pm
Instructor: Network, Inc Wellness	
338448 Olney Swim Center	9/10 M 9:00am - 9:50am
338446 Olney Swim Center	9/12 W 9:00am - 9:50am
338447 Olney Swim Center	9/14 F 9:00am - 9:50am



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# COMPETITIVE PROGRAMS

## ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Fall/Winter session runs September to March 2013

### GERMANTOWN INDOOR SWIM CENTER

For information contact Jon Smink at 240-777-6830 or Jon.Smink@montgomerycountymd.gov.

Pre-season practices for returning swimmers will be September 4-5. Evaluations for new swimmers will be September 6-7 during the following sessions:

13 & Over	5:30pm-6:30pm
9-12 Years	6:30pm-7:30pm
8 & Under	5:30pm-6:30pm
MINIS (336200)	\$780
Monday	5:00pm-6:00pm
Wednesday	5:15pm-6:00pm
Sunday	7:00am-8:00am

Recommended attendance: 2/week

JUNIORS (336201)	\$800
Thursday, Friday	6:30pm-7:30pm
Monday	6:00pm-7:00pm
Sunday	7:00am-8:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS (336202)	\$1050
Tuesday, Wednesday, Thursday	6:00pm-7:30pm
Friday	5:30pm-7:00pm
Sunday	7:00am-8:30am

Recommended attendance: 3-5/week

SENIORS (336205)	\$1050
Monday	7:00pm-8:00pm
Tuesday	5:00pm-6:00pm
Wednesday	4:45am-6:15am
Thursday	3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS (336206)	\$1300
Monday, Tuesday	3:30pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Wednesday	3:30pm-5:15pm
Friday	3:30pm-5:30pm
Saturday	5:30am-7:30am

\* Required practice. Minimum practices required: 5/week.

NDG (336203)	\$1300
Monday, Wednesday	6:00pm-7:30pm
Tuesday	5:30pm-7:30pm
Wednesday	4:45am-6:15am
Thursday	5:00pm-6:30pm
Saturday	6:30am-9:00am

Minimum practices required: 5/week

NTG (336207)	\$1600
Monday, Wednesday, Friday	4:45am-6:15am
Monday, Wednesday, Thursday	3:30pm-6:00pm
Tuesday, Friday	3:30pm-5:30pm
Saturday	6:30am-9:00am

Minimum practices required: 7/week

\*Friday practice is required. Min practices required: 6/week.

### OLNEY SWIM CENTER

For information contact Jay Garner at 240-777-4995 or Jay.Garner@montgomerycountymd.gov.

Pre-season practices for returning swimmers will be held September 4-5. Evaluations for new swimmers will be held September 6-7. Newcomers should come to one of the following sessions:

13 & Over	4:00pm-5:00pm
11-12 Years	5:00pm-5:45pm
9-10 Years	5:45pm-6:30pm
8 & Under	6:30pm-7:00pm
MINIS (336192)	\$780
Tuesday, Thursday, Friday	6:00pm-7:00pm

Recommended attendance: 2/week.

JUNIOR 1 (336193)	\$775
Tuesday, Thursday	6:00pm-7:00pm
Sunday	8:00am-9:00am

Recommended attendance: 2/week.

JUNIOR 2 (336194)	\$800
Monday, Wednesday	6:00pm-7:00pm
Friday	5:00pm-6:00pm
Sunday	7:30am-8:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS (336195)	\$1050
Tuesday, Thursday, Friday	5:00pm-6:00pm
Wednesday	5:30pm-7:00pm
Sunday	7:30am-9:00am

Required attendance: 3-5/week.

SENIORS (336197)	\$1050
Tuesday, Wednesday, Friday	3:45pm-5:00pm
Thursday	3:45pm-5:45pm
Saturday	7:30am-9:00am

Recommended attendance: 3/week.

ADVANCED SENIORS (336198)	\$1300
Monday, Wednesday, Friday	3:45pm-5:30pm
Tuesday, Thursday	3:45pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Saturday	5:30am-7:30am

Required attendance: 6/week.

NDG (336196)	\$1300
Monday, Friday	5:30pm-7:00pm
Tuesday, Thursday	5:00pm-7:00pm
Sunday	7:00am-9:00am

Minimum practices required: 5/week.

NTG (336199)	\$1600
Monday, Wednesday, Friday	4:45am-6:15am
Monday, Tuesday, Wednesday, Thursday	3:00pm-6:00pm
Friday	3:00pm-5:00pm
Saturday	6:00am-9:00am

Minimum practices required: 7/week.

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**MARTIN LUTHER KING, JR. SWIM CENTER**

For information contact Carey Apple at 240-777-8060 or Carey.Apple@montgomerycountymd.gov.

Pre-season practices for returning swimmers will be Sept. 4-5. Evaluations for new swimmers will be Sept. 6-7 during the following sessions:

13 & Over	4:00pm-5:00pm
11-12 Years	5:00pm-5:45pm
9-10 Years	5:45pm-6:30pm
8 & Under	6:30pm-7:00pm
<b>MINIS (336184)</b>	<b>\$780</b>
Monday	5:00pm-6:00pm
Wednesday, Friday	4:30pm-5:30pm

Recommended attendance: 2-3/week.

<b>JUNIOR 1 (336185)</b>	<b>\$775</b>
Tuesday, Thursday	5:00pm-6:00pm
Sunday	8:00am-9:30am

Recommended attendance: 2/week.

<b>JUNIOR 2 (336186)</b>	<b>\$800</b>
Monday	6:00pm-7:00pm
Wednesday	5:30pm-7:00pm
Friday	5:30pm-7:00pm
Sunday	8:00am-9:30am

Recommended attendance: 3/week.

<b>ADVANCED JUNIORS (336187)</b>	<b>\$1050</b>
Monday, Wednesday	5:30pm-7:00pm
Friday	5:00pm-6:30pm
Sunday	7:00am-9:00am

Required attendance: 3-4/week.

<b>SENIORS (336189)</b>	<b>\$1050</b>
Monday	6:00pm-7:00pm
Wednesday	5:30pm-7:00pm
Tuesday, Thursday	3:30pm-5:00pm
Friday	3:30pm-4:30pm
Saturday	7:30am-9:00am

Recommended attendance: 4/week.

<b>ADVANCED SENIORS (336190)</b>	<b>\$1300</b>
Monday & Friday	4:45am-6:15am
Mon, Tu, Th Fri	3:30pm-6:00pm
Wednesday	3:30pm-5:30pm
Saturday	6:00am-9:00am

Minimum attendance required: 5/week.

<b>NDG (336188)</b>	<b>\$1300</b>
Monday	4:00pm-6:45pm
Tuesday, Thursday	4:15pm-7:00pm
Wednesday	4:45am-6:00am
Friday	4:45pm-7:00pm
Sunday	6:00am-9:00am

Minimum attendance required: 5/week.

Dryland practices are required. Tu, Th, Fri 4:15pm-5:00pm

<b>NTG (336191)</b>	<b>\$1600</b>
Monday, Wednesday, Friday	4:45am-6:15am
Monday	3:45pm-6:00pm
Tuesday, Thursday	4:30pm-7:00pm
Wednesday, Friday	3:45pm-5:30pm
Saturday	6:00am-9:00am

Minimum attendance required: 6-7/week.

**EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER**

For information contact Christa Krukiel at 240-777-8070 or Christa.Krukiel@montgomerycountymd.gov.

Pre-season practices for returning (Spring 2012) swimmers will be held September 4-5. Evaluation/try-outs for new swimmers will be held September 6-7. Newcomers must attend one of the following sessions based on their age as of December 1, 2012:

13 & Over (September 7 ONLY)	3:30pm-5:00pm
11-12 Years	4:45pm-5:45pm
9-10 Years	6:15pm-7:15pm
8 & Under	5:30pm-6:30pm

<b>MINIS (336175)</b>	<b>\$780</b>
Monday, Wednesday	6:00pm-7:00pm
Tuesday, Thursday	5:00pm-5:45pm

Recommended attendance: 2/week.

<b>JUNIORS (336176)</b>	<b>\$800</b>
Monday, Wednesday, Friday	5:00pm-6:00pm
Sunday	8:45am-10:00am

Recommended attendance: 2/week.

<b>ADVANCED JUNIORS (336177)</b>	<b>\$1050</b>
Tuesday, Thursday	5:45pm-7:15pm
Wednesday	6:15pm-7:30pm
Friday	5:45pm-7:00pm
Sunday	7:00am-9:00am

Required attendance: 3/week.

**SENIORS**

<b>OPTION 1 (336179)*</b>	<b>\$1050</b>
Monday, Wednesday, Friday	3:30pm-5:00pm
Monday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am

<b>OPTION 2 (336180)*</b>	<b>\$1050</b>
Tuesday, Thursday, Friday	3:30pm-5:00pm
Monday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am

<b>OPTION 3 (336181)*</b>	<b>\$1050</b>
Monday, Wednesday	7:00pm-8:30pm
Monday, Thursday	4:45am-6:15am
Friday	3:30pm-5:00pm
Sunday	6:00am-8:00am

\*Minimum practices required: 3/week including 1 morning.

<b>ADVANCED SENIORS (336182)</b>	<b>\$1300</b>
Monday, Tuesday, Weds, Thursday	3:30pm-5:00pm
Tuesday, Friday	4:45am-6:15am
Sunday	6:00am-8:00am

Minimum practices required: 6/week.  
Friday mornings are required.

<b>NDG (336178)</b>	<b>\$1300</b>
Monday, Tuesday, Thursday, Friday	6:00pm-7:30pm
Wednesday	4:45am-6:15am
Saturday	5:30am-8:00am

Minimum practices required: 5/week.

<b>NTG (336183)</b>	<b>\$1600</b>
Monday, Wednesday, Friday	4:45am-6:30am
Monday, Tuesday, Thursday, Friday	3:45pm-6:00pm
Wednesday	3:45pm-6:15pm
Saturday	5:30am-8:00am

Minimum practices required: 7/week.







# DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Fall swim team member.

## MONTGOMERY STROKE & TURN CLINIC

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters/yards of freestyle without stopping. This program will meet for 22 sessions. The program begins Oct. 28, 2012 and runs to May 19, 2013. There will be no clinic on Nov. 25, Dec. 23 & 30, Feb. 3, Mar. 24 and May 31 and two other Sundays which will be announced at the first session. For more information call 240-350-8511. Registration began July 11, 2012.

22 Sessions \$330

Instructor: MSTC

333424	Kennedy Shriver Aq Ctr	10/28	Su	5:00pm-6:00pm
333425	Kennedy Shriver Aq Ctr	10/28	Su	6:00pm-7:00pm
333426	Kennedy Shriver Aq Ctr	10/28	Su	7:00pm-8:00pm
333427	Olney Swim Ctr	10/28	Su	5:00pm-6:00pm
333428	Olney Swim Ctr	10/28	Su	6:00pm-7:00pm
333429	Olney Swim Ctr	10/28	Su	7:00pm-8:00pm
333430	Germantown ISC	10/28	Su	6:00pm-7:00pm
333431	Germantown ISC	10/28	Su	7:00pm-8:00pm
333432	MLK Swim Ctr	10/28	Su	6:00pm-7:00pm
333433	MLK Swim Ctr	10/28	Su	7:00pm-8:00pm

## SWIMMONTGOMERY

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. At the Olney Swim Center, all participants and parents should attend the first class at 7:00 pm. Students will be evaluated and assigned groups and start time at the first class. The group times at Olney are 7:00-7:45 pm or 7:45-8:00 pm.

\$190

Instructor: Clinics MSTC

339116	MLK Swim Center	9/24	M, W	7:00pm - 7:50pm
339114	Germantown ISC	9/27	Th, Tu	7:30pm - 8:20pm
339115	Kennedy Shriver AqCtr	9/27	Th, Tu	7:20pm - 8:10pm
339113	Olney Swim Center	9/10	M, W	7:00pm - 8:30pm

## ISWIM CLINIC

iSwim Clinic, lead by Sue Chen and Dave Crocker, is not a learn to swim program. With stroke technique skills, workouts, and video taping, iSwim Clinic will track participant progress. This program is intended to enhance competitive training. This program will not meet for one Sunday which will be announced at the first session. For more information, contact iSwim clinic at schen502@comcast.net.

11 Sessions \$285

Instructors: Sue Chen, Dave Crocker

340973 Olney Swim Ctr 9/10 Su 2:00pm-3:00pm

Instructors: Sue Chen, Dave Crocker

340974 Kennedy Shriver AqCtr 9/15 Su 4:00pm-5:00pm



# SCUBA

## SCUBA INSTRUCTION

Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. For Olney or Germantown, contact Scott at 301-610-4988 or [Training@scubaadventure.org](mailto:Training@scubaadventure.org). For MLK (Silver Spring) contact Joe at 301-873-4327 or [diveeatsleep@yahoo.com](mailto:diveeatsleep@yahoo.com).

8 Sessions

\$250

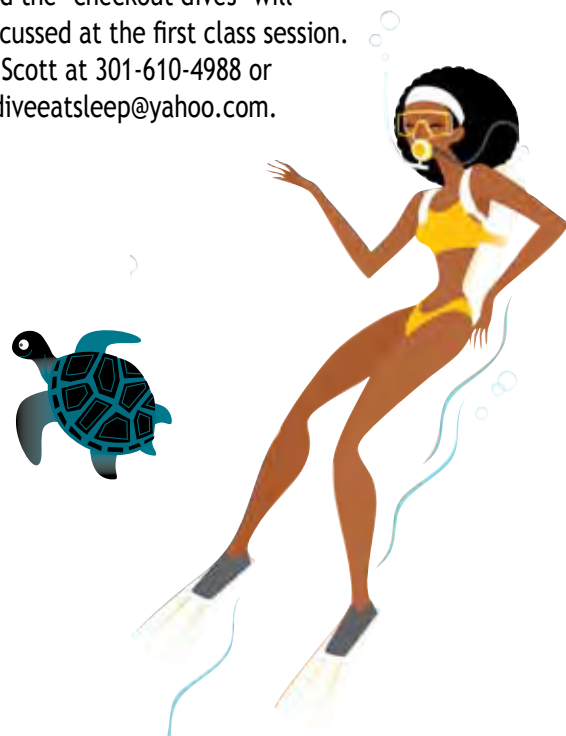
Instructor: Scott Hagedorn

335806 Olney Swim Center 9/10 M 7:00pm -10:00pm

339308 Germantown ISC 9/11 Tu 7:00pm -10:00pm

Instructor: Joseph Lodmell

339309 MLK Swim Center 9/5 W 7:00pm -10:00pm



## DO WE HAVE YOUR E-MAIL?

In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail. Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) for more information.





## DIVING

Montgomery Dive Club (MDC) is an advanced age-group competitive program offered at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. For further information visit [montgomerydiveclub.org](http://montgomerydiveclub.org) or email [MDCBeavers@gmail.com](mailto:MDCBeavers@gmail.com).

### DIVING HIGH SCHOOL

Work with a professional coach and set your sites on making the team, qualifying for Regionals, or capturing a top spot at Metros. This program has been tailored to meet the needs of High School divers, focusing on developing a competitive diving list from the one-meter springboard. Each practice is 90 minutes.

\$260

Instructor:	Doug Beavers				
339181	Kennedy Shriver AqCtr	9/17	M	8:00pm - 9:30pm	
339183	Germantown ISC	9/17	M	8:30pm - 10:00pm	
339184	Germantown ISC	9/19	W	8:30pm - 10:00pm	
339182	Kennedy Shriver AqCtr	9/20	Th	8:00pm - 9:30pm	

### DIVING SPRINGS TEAM (OPEN)

This program is for young divers with experience in summer league competition and high school divers who want to learn three meter and platform skills. The Springs Team introduces new, more advanced skills, greater use of dry-land training, as well as strength, flexibility and conditioning. All practices are 90 minutes long. Optional competitions in and around the National Capitol Area will be offered to those who are interested. Offered in a two, three or four day per week program.

\$260

Instructor:	Doug Beavers				
338697	Germantown ISC	9/17	M	4:00pm - 5:30pm	
338712	Germantown ISC	9/17	M	5:30pm - 7:00pm	
339222	Kennedy Shriver AqCtr	9/17	M	4:00pm - 5:30pm	
339223	Kennedy Shriver AqCtr	9/17	M	6:00pm - 7:30pm	
338708	Olney Swim Center	9/17	M	5:45pm - 7:15pm	
338714	Germantown ISC	9/18	Tu	1:00pm - 2:30pm	
338698	Germantown ISC	9/18	Tu	5:30pm - 7:00pm	
339224	Kennedy Shriver AqCtr	9/18	Tu	6:00pm - 7:30pm	
339225	Kennedy Shriver AqCtr	9/18	Tu	4:00pm - 5:30pm	
338703	MLK Swim Center	9/18	Tu	5:30pm - 7:00pm	
338715	Germantown ISC	9/19	W	4:00pm - 5:30pm	
338716	Germantown ISC	9/19	W	5:30pm - 7:00pm	
338700	Kennedy Shriver AqCtr	9/19	W	4:00pm - 5:30pm	
339226	Kennedy Shriver AqCtr	9/19	W	6:00pm - 7:30pm	
338709	Olney Swim Center	9/19	W	5:45pm - 7:15pm	
338699	Germantown ISC	9/20	Th	1:00pm - 2:30pm	
338717	Germantown ISC	9/20	Th	5:30pm - 7:00pm	
338710	Kennedy Shriver AqCtr	9/20	Th	4:00pm - 5:30pm	
338701	Kennedy Shriver AqCtr	9/20	Th	6:00pm - 7:30pm	
338704	MLK Swim Center	9/20	Th	5:30pm - 7:00pm	
338718	Germantown ISC	9/21	F	4:00pm - 5:30pm	
338720	Germantown ISC	9/21	F	5:30pm - 7:00pm	
338702	Kennedy Shriver AqCtr	9/21	F	4:00pm - 5:30pm	
339227	Kennedy Shriver AqCtr	9/21	F	6:00pm - 7:30pm	
339997	MLK Swim Center	9/22	Sa	7:00pm - 8:30pm	
338704	MLK Swim Center	9/23	Su	9:00am - 10:00am	

### DIVING MASTERS

Think diving is over just because you graduated from college, had a few kids, or retired from your day job? Not at all! Divers all over the world enjoy the sport of diving throughout their entire lives. MDC offers programs for former divers who aren't content to hang up that Speedo quite yet. Each practice is 90 minutes.

\$260

Instructor:	Doug Beavers				
339191	Kennedy Shriver AqCtr	9/17	M	8:00pm - 9:30pm	
339192	Kennedy Shriver AqCtr	9/20	Th	8:00pm - 9:30pm	



## DIVING SPRINGS LESSONS

These 45-minute Lessons are recommended for absolute beginners, divers age 5 - 12, and children with diagnosed attentional issues. Participants should be comfortable swimming in deep water, and should be able to dive in head first. Classes emphasize safe basic diving, and tumbling skills. Participants at our MAC, GISC and MLK locations will also learn basic trampoline skills. Please register for the appropriate age level.

\$135

Instructor:	Doug Beavers				
338674	Olney Swim Center	9/17	M	5:00pm - 5:45pm	
338672	Germantown ISC	9/18	Tu	4:00pm - 4:45pm	
338673	Germantown ISC	9/18	Tu	4:45pm - 5:30pm	
338685	Kennedy Shriver AqCtr	9/18	Tu	4:00pm - 4:45pm	
338686	Kennedy Shriver AqCtr	9/18	Tu	4:45pm - 5:30pm	
338675	Olney Swim Center	9/19	W	5:00pm - 5:45pm	
338677	Germantown ISC	9/20	Th	4:00pm - 4:45pm	
338678	Germantown ISC	9/20	Th	4:45pm - 5:30pm	
338687	Kennedy Shriver AqCtr	9/20	Th	4:00pm - 4:45pm	
338688	Kennedy Shriver AqCtr	9/20	Th	4:45pm - 5:30pm	

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## MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).

### FALL BEGINS SEPTEMBER 9, 2012

337680	1 day per week	\$95
337681	2 days per week	\$135
337682	3 days per week	\$175
337683	4 days per week	\$215
337684	5 days per week	\$255

#### Practice Schedule

GISC	M, W, F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
KSAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm







## SAFETY TRAINING

*MCR-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.*

## LIFEGUARD TRAINING \$195

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The pre-course consists of 3 parts. 1. 300 meter swim (front crawl or breaststroke). 2. Tread water for 2 minutes using only the legs. 3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1min 40sec. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

### GERMANTOWN INDOOR SWIM CENTER

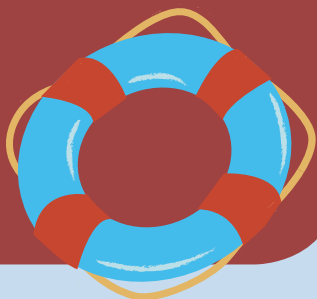
Session	Date	Begins	Ends
LGT 1: Course 339058	October - 2012		
Pre-Course	Friday, Oct. 5	7:30pm	9:00pm
Session 1	Sunday, Oct. 7	9:30am	12:30pm
Session 2	Sunday, Oct. 7	1:00pm	4:00pm
Session 3	Wednesday, Oct. 10	6:30pm	9:30pm
Session 4	Wednesday, Oct. 17	6:30pm	9:30pm
Session 5	Sunday, Oct. 21	9:30am	12:30pm
Session 6	Sunday, Oct. 21	1:00pm	4:00pm
Session 7	Wednesday, Oct. 24	6:30pm	9:30pm
Session 8	Sunday, Oct. 28	9:30am	12:30pm
Session 9	Wednesday, Oct. 31	6:30pm	9:30pm

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ON YOUR  
SMARTPHONE



## Now Hiring Part Time Staff!

Part-time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



### LGT 2: Course 339059

Pre-Course	Friday, Jan. 4	7:30pm	9:00pm
Session 1	Sunday, Jan. 6	9:30am	12:30pm
Session 2	Sunday, Jan. 6	1:00pm	4:00pm
Session 3	Wednesday, Jan. 9	6:30pm	9:30pm
Session 4	Sunday, Jan. 13	9:30am	12:30pm
Session 5	Sunday, Jan. 13	1:00pm	4:00pm
Session 6	Wednesday, Jan. 16	6:30pm	9:30pm
Session 7	Sunday, Jan. 20*	9:30am	12:30pm
Session 8	Sunday, Jan. 20*	1:00pm	4:00pm
Session 9	Wednesday, Jan. 23	6:30pm	9:30pm
Session 10	Sunday, Jan. 27*	9:30am	4:00pm

\*Tentative event @ facility. 1 of these dates will be cancelled.

### LGT 3: Course 339600

Pre-Course	Friday, Mar. 1	7:30pm	9:00pm
Session 1	Sunday, Mar. 3	9:30am	12:30pm
Session 2	Sunday, Mar. 3	1:00pm	4:00pm
Session 3	Wednesday, Mar. 6	6:30pm	9:30pm
Session 4	Sunday, Mar. 10	9:30am	12:30pm
Session 5	Sunday, Mar. 10	1:00pm	4:00pm
Session 6	Wednesday, Mar. 13	6:30pm	9:30pm
Session 7	Sunday, Mar. 17	9:30am	12:30pm
Session 8	Sunday, Mar. 17	1:00pm	4:00pm
Session 9	Wednesday, Mar. 20	6:30pm	9:30pm

### LGT 4: Course 339601

Pre-Course	Thursday, Mar. 21	7:30pm	9:30pm
Session 1	Monday, Mar. 25	2:00pm	5:00pm
Session 2	Monday, Mar. 25	5:30pm	9:00pm
Session 3	Tuesday, Mar. 26	2:00pm	5:00pm
Session 4	Tuesday, Mar. 26	5:30pm	9:00pm
Session 5	Wednesday, Mar. 27	2:00pm	5:00pm
Session 6	Wednesday, Mar. 27	5:30pm	9:00pm
Session 7	Thursday, Mar. 28	2:00pm	5:00pm
Session 8	Thursday, Mar. 28	5:30pm	9:00pm
Session 9	Friday, Mar. 29	6:30pm	9:30pm

### LGT 5: Course 339602

Pre-Course	Friday, Apr. 12	7:30pm	9:00pm
Session 1	Sunday, Apr. 14	9:30am	12:30pm
Session 2	Sunday, Apr. 14	1:00pm	4:00pm
Session 3	Wednesday, Apr. 17	6:30pm	9:30pm
Session 4	Sunday, Apr. 21	9:30am	12:30pm
Session 5	Sunday, Apr. 21	1:00pm	4:00pm
Session 6	Wednesday, Apr. 24	6:30pm	9:30pm
Session 7	Sunday, Apr. 28	9:30am	12:30pm
Session 8	Sunday, Apr. 28	1:00pm	4:00pm
Session 9	Wednesday, May 1	6:30pm	9:30pm

### LGT 6: Course 339603

Pre-Course	Friday, June 14	7:30pm	9:30pm
Session 1	Sunday, June 16	9:30am	12:30pm
Session 2	Sunday, June 16	1:00pm	4:00pm
Session 3	Monday, June 17	2:00pm	5:00pm
Session 4	Monday, June 17	5:30pm	9:00pm
Session 5	Tuesday, June 18	2:00pm	5:00pm
Session 6	Tuesday, June 18	5:30pm	9:00pm
Session 7	Wednesday, June 19	2:00pm	5:00pm
Session 8	Wednesday, June 19	5:30pm	9:00pm
Session 9	Thursday, June 20	6:30pm	9:30pm

### January - 2013

### March - 2013

### March- 2013

### April - 2013

### June - 2013

**KENNEDY SHRIVER AQUATIC CENTER**

Session	Date	Begins	Ends
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LGT 1: Course 339052			
October - 2012			
Pre-Course	Friday, Oct. 26	7:30pm	9:30pm
Session 1	Sunday, Oct. 28	9:00am	12:00pm
Session 2	Sunday, Oct. 28	12:00pm	3:00pm
Session 3	Wednesday, Oct. 31	6:30pm	9:30pm
Session 4	Sunday, Nov. 4	9:00am	12:00pm
Session 5	Sunday, Nov. 4	12:00pm	3:00pm
Session 6	Wednesday, Nov. 7	6:30pm	9:30pm
Session 7	Sunday, Nov. 11	9:00am	12:00pm
Session 8	Sunday, Nov. 11	12:00pm	3:00pm
Session 9	Wednesday, Nov. 14	6:30pm	9:30pm
LGT 2: Course 339053			
January - 2013			
Pre-Course	Friday, Jan. 4	7:30pm	9:30pm
Session 1	Sunday, Jan. 6	9:00am	12:00pm
Session 2	Sunday, Jan. 6	12:00pm	3:00pm
Session 3	Wednesday, Jan. 9	6:30pm	9:30pm
Session 4	Sunday, Jan. 13	9:00am	12:00pm
Session 5	Sunday, Jan. 13	12:00pm	3:00pm
Session 6	Wednesday, Jan. 16	6:30pm	9:30pm
Session 7	Sunday, Jan. 20	9:00am	12:00pm
Session 8	Sunday, Jan. 20	12:00pm	3:00pm
Session 9	Wednesday, Jan. 23	6:30pm	9:30pm

## LGT 3: Course 339054

March - 2013

*MCPS - Spring Break*

Pre-Course	Friday, Mar. 22	7:30pm	9:30pm
Session 1	Saturday, Mar. 23	8:30am	12:00pm
Session 2	Saturday, Mar. 23	12:00pm	3:00pm
Session 3	Monday, Mar. 25	8:30am	11:30am
Session 4	Monday, Mar. 25	11:30am	3:00pm
Session 5	Wednesday, Mar. 27	8:30am	11:30am
Session 6	Wednesday, Mar. 27	11:30am	3:00pm
Session 7	Thursday, Mar. 28	8:30am	11:30am
Session 8	Thursday, Mar. 28	11:30am	3:00pm
Session 9	Friday, Mar. 29	11:30am	3:00pm

## LGT 4: Course 339055

March - 2013

*MCPS - Spring Break*

Pre-Course	Friday, Mar. 22	7:30pm	9:30pm
Session 1	Sunday, Mar. 24	9:00am	12:00pm
Session 2	Sunday, Mar. 24	12:00pm	2:00pm
Session 3	Monday, Mar. 25	3:30pm	6:30pm
Session 4	Monday, Mar. 25	6:30pm	9:30pm
Session 5	Wednesday, Mar. 27	3:30pm	6:30pm
Session 6	Wednesday, Mar. 27	6:30pm	9:30pm
Session 7	Thursday, Mar. 28	4:00pm	6:30pm
Session 8	Thursday, Mar. 28	6:30pm	9:30pm
Session 9	Friday, Mar. 29	3:30pm	6:30pm

## LGT 5: Course 339056

June - 2013

Pre-Course	Thursday, Jun. 20	7:30pm	9:30pm
Session 1	Friday, Jun. 21	9:00am	12:00pm
Session 2	Friday, Jun. 21	12:00pm	3:00pm
Session 3	Monday, Jun. 24	9:00am	12:00pm
Session 4	Monday, Jun. 24	12:00pm	3:00pm
Session 5	Tuesday, Jun. 25	9:00am	12:00pm
Session 6	Tuesday, Jun. 25	12:00pm	3:00pm
Session 7	Wednesday, Jun. 26	9:00am	12:00pm
Session 8	Wednesday, Jun. 26	12:00pm	3:00pm
Session 9	Thursday, Jun. 27	9:00am	12:00pm







# BE A HERO!

OUR  
LIFEGUARDING  
CLASSES OFFER  
THE TRAINING  
YOU NEED TO  
BECOME A  
RED CROSS  
CERTIFIED  
LIFEGUARD.



## MARTIN LUTHER KING, JR. SWIM CENTER

Session	Date	Begins	Ends
LGT 1: Course 339066 Sept/Oct - 2012			
Pre-course	Thursday, Sept. 20	7:00pm	9:30pm
Session 1	Saturday, Sept. 22	9:00am	1:00pm
Session 2	Monday, Sept. 24	6:00pm	9:30pm
Session 3	Thursday, Sept. 27	6:00pm	9:30pm
Session 4	Saturday, Sept. 29	9:00am	1:00pm
Session 5	Monday, Oct. 1	6:00pm	9:30pm
Session 6	Thursday, Oct. 4	6:00pm	9:30pm
Session 7	Saturday, Oct. 6	9:00am	1:00pm
Session 8	Monday, Oct. 8	6:00pm	9:30pm
Session 9	Thursday, Oct. 11	6:00pm	9:30pm
LGT 2: Course 339067 Jan/Feb - 2013			
Pre-course	Monday, Jan 21	7:00pm	9:30pm
Session 1	Thursday, Jan 24	6:00pm	9:30pm
Session 2	Sunday, Jan 27	9:00am	1:00pm
Session 3	Monday, Jan 28	6:00pm	9:30pm
Session 4	Thursday, Jan 31	6:00pm	9:30pm
Session 5	Sunday, Feb 3	9:00am	1:00pm
Session 6	Monday, Feb 4	6:00pm	9:30pm
Session 7	Thursday, Feb 7	6:00pm	9:30pm
Session 8	Sunday, Feb 10	9:00am	1:00pm
Session 9	Monday, Feb 11	6:00pm	9:30pm
LGT 3: Course 339068 Feb/Mar - 2013			
Pre-course	Thursday, Feb 21	7:00pm	9:30pm
Session 1	Sunday, Feb 24	9:00am	1:00pm
Session 2	Monday, Feb 25	6:00pm	9:30pm
Session 3	Thursday, Feb 28	6:00pm	9:30pm
Session 4	Sunday, Mar 3	9:00am	1:00pm
Session 5	Monday, Mar 4	6:00pm	9:30pm
Session 6	Thursday, Mar 7	6:00pm	9:30pm
Session 7	Sunday, Mar 10	9:00am	1:00pm
Session 8	Monday, Mar 11	6:00pm	9:30pm
Session 9	Thursday, Mar 14	6:00pm	9:30pm
LGT 4: Course 339069 March - 2013			
MCPS Spring Break			
Pre-course	Friday, Mar. 22	7:00pm	9:30pm
Session 1	Monday, Mar 25	9:00am	12:00pm
Session 2	Monday, Mar 25	12:30pm	4:00pm
Session 3	Tuesday, Mar 26	9:00am	12:00pm
Session 4	Tuesday, Mar 26	12:30pm	4:00pm
Session 5	Wednesday, Mar 27	9:00am	12:00pm
Session 6	Wednesday, Mar 27	12:30pm	4:00pm
Session 7	Thursday, Mar 28	9:00am	12:00pm
Session 8	Thursday, Mar 28	12:30pm	4:00pm
Session 9	Friday, Mar 29	9:00am	3:00pm

## LGT 5: Course 339070

Pre-course	Monday, April 15	7:00pm	9:30pm
Session 1	Thursday, April 18	6:00pm	9:30pm
Session 2	Saturday, April 20	9:00am	12:00pm
Session 3	Saturday, April 20	12:30pm	4:00pm
Session 4	Monday, April 22	6:00pm	9:30pm
Session 5	Thursday, April 25	6:00pm	9:30pm
Session 6	Saturday, April 27	9:00am	12:00pm
Session 7	Saturday, April 27	12:30pm	4:00pm
Session 8	Monday, April 29	6:00pm	9:30pm
Session 9	Thursday, May 2	6:00pm	9:30pm

## LGT 6: Course 339071

Pre-course	Friday, May 31	7:00pm	9:30pm
Session 1	Sunday, Jun. 2	9:00am	12:00pm
Session 2	Sunday, Jun. 2	12:30pm	4:00pm
Session 3	Monday, Jun. 3	6:00pm	9:30pm
Session 4	Thursday, Jun. 6	6:00pm	9:30pm
Session 5	Friday, Jun. 7	6:00pm	9:30pm
Session 6	Sunday, Jun. 9	9:00am	12:00pm
Session 7	Sunday, Jun. 9	12:30pm	4:00pm
Session 8	Monday, Jun. 10	6:00pm	9:30pm
Session 9	Thursday, Jun. 13	6:00pm	9:30pm

## LGT 7: Course 339072

Pre-course	Friday, Jun 14	7:00pm	9:30pm
Session 1	Saturday, Jun. 15	9:00am	12:00pm
Session 2	Saturday, Jun. 15	12:30pm	4:00pm
Session 3	Monday, Jun. 17	9:00am	12:00pm
Session 4	Monday, Jun 17	12:30pm	4:00pm
Session 5	Tuesday, Jun. 18	9:00am	12:00pm
Session 6	Tuesday, Jun 18	12:30pm	4:00pm
Session 7	Wednesday, Jun 19	9:00am	12:00pm
Session 8	Wednesday, Jun 19	12:30pm	4:30pm
Session 9	Thursday, Jun 20	9:00am	3:00pm

## Apr/May - 2013

## June - 2013

## June - 2013



**OLNEY SWIM CENTER**

Session	Date	Begins	Ends
<b>LGT 1: Course 339074</b> January - 2013			
Pre-course	Wednesday, Jan. 2	6:30pm	9:00pm
Session 1	Sunday, Jan. 6	1:00pm	5:00pm
Session 2	Wednesday, Jan. 9	6:30pm	10:00pm
Session 3	Sunday, Jan. 13	1:00pm	5:00pm
Session 4	Wednesday, Jan. 16	6:30pm	10:00pm
Session 5	Sunday, Jan. 20	1:00pm	5:00pm
Session 6	Wednesday, Jan. 23	6:30pm	10:00pm
Session 7	Sunday, Jan. 27	1:00pm	5:00pm
Session 8	Wednesday, Jan. 30	6:30pm	10:00pm
Session 9	Sunday, Feb. 3	1:00pm	5:00pm
Session 10	Wednesday, Feb. 6	6:30pm	10:00pm
<b>LGT 2: Course 339075</b> Feb/Mar - 2013			
Pre-course	Sunday, Feb. 10	2:00pm	3:30pm
Session 1	Wednesday, Feb. 13	6:30pm	10:00pm
Session 2	Sunday, Feb. 17	5:00pm	9:00pm
Session 3	Wednesday, Feb. 20	6:30pm	10:00pm
Session 4	Sunday, Feb. 24	5:00pm	9:00pm
Session 5	Wednesday, Feb. 27	6:30pm	10:00pm
Session 6	Sunday, Mar. 3	5:00pm	9:00pm
Session 7	Wednesday, Mar. 6	6:30pm	10:00pm
Session 8	Wednesday, Mar. 13	6:30pm	10:00pm
Session 9	Sunday, Mar. 17	5:00pm	9:00pm
Session 10	Wednesday, Mar. 20	6:30pm	10:00pm
<b>LGT 3: Course 339076</b> March - 2013			
<i>MCPS Spring Break</i>			
Pre-course	Saturday, Mar. 23	4:00pm	5:30pm
Session 1	Sunday, Mar. 24	9:00am	12:30pm
Session 2	Monday, Mar. 25	9:00am	12:30pm
Session 3	Monday, Mar. 25	1:00pm	4:30pm
Session 4	Tuesday, Mar. 26	9:00am	12:30pm
Session 5	Tuesday, Mar. 26	1:00pm	4:30pm
Session 6	Wednesday, Mar. 27	9:00am	12:30pm
Session 7	Wednesday, Mar. 27	1:00pm	4:30pm
Session 8	Thursday, Mar. 28	9:00am	12:30pm
Session 9	Thursday, Mar. 28	1:00pm	4:30pm
Session 10	Friday, Mar. 29	9:00am	1:00pm
<b>LGT 4: Course 339077</b> Apr/May - 2013			
Pre-course	Wednesday, Apr. 17	7:30pm	9:00pm
Session 1	Sunday, Apr. 21	1:30pm	4:30pm
Session 2	Sunday, Apr. 21	5:30pm	9:00pm
Session 3	Wednesday, Apr. 24	6:30pm	10:00pm
Session 4	Sunday, Apr. 28	1:30pm	4:30pm
Session 5	Sunday, Apr. 28	5:30pm	9:00pm
Session 6	Wednesday, May 1	6:30pm	10:00pm
Session 7	Sunday, May 5	1:30pm	4:30pm
Session 8	Sunday, May 5	5:30pm	9:00pm
Session 9	Wednesday, May 8	6:30pm	10:00pm
Session 10	Sunday, May 12	1:30pm	5:00pm
<b>LGT 5: Course 339078</b> June - 2013			
Pre-course	Saturday, June 15	4:00pm	5:30pm
Session 1	Sunday, June 16	9:00am	12:30pm
Session 2	Monday, June 17	9:00am	12:30pm
Session 3	Monday, June 17	1:00pm	4:00pm
Session 4	Tuesday, June 18	9:00am	12:30pm
Session 5	Tuesday, June 18	1:00pm	4:00pm
Session 6	Wednesday, June 19	9:00am	12:30pm
Session 7	Wednesday, June 19	1:00pm	4:00pm
Session 8	Thursday, June 20	9:00am	12:30pm
Session 9	Thursday, June 20	1:00pm	4:00pm
Session 10	Friday, June 21	9:00am	12:30pm

**POOL OPERATOR COURSE \$130**

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

**MCR - OFFICE (THEATRE)**

Session	Date	Begins	Ends
<b>Course 339092</b> December - 2012			
Session 1	Wednesday, Dec. 26	5:00pm	9:00pm
Session 2	Thursday, Dec. 27	5:00pm	9:00pm
Session 3	Friday, Dec. 28	5:00pm	9:00pm
<b>Course 339093</b> February - 2013			
Session 1	Saturday, Feb. 16	10:00am	4:00pm
Session 2	Sunday, Feb. 17	10:00am	4:00pm
<b>Course 339094</b> April - 2013			
Session 1	Monday, Apr. 1	5:00pm	9:00pm
Session 2	Tuesday, Apr. 2	5:00pm	9:00pm
Session 3	Wednesday, Apr. 3	5:00pm	9:00pm
<b>Course 339095</b> May - 2013			
Session 1	Saturday, May 11	10:00am	4:00pm
Session 2	Sunday, May 12	10:00am	4:00pm
<b>Course 339097</b> June - 2013			
Session 1	Tuesday, Jun. 18	5:00pm	9:00pm
Session 2	Wednesday, Jun. 19	5:00pm	9:00pm
Session 3	Thursday, Jun. 20	5:00pm	9:00pm
<b>Course 339098</b> July - 2013			
Session 1	Monday, July 8	10:00am	4:00pm
Session 2	Tuesday, July 9	10:00am	4:00pm

**POOL OPERATOR REVIEW COURSE \$80****MCR - OFFICE (THEATRE)**

Session	Date	Begins	Ends
<b>Course 339096</b> February - 2013			
Session 1	Saturday, Feb. 16	10:00am	2:00pm
<b>Course 339099</b> May - 2013			
Session 1	Saturday, May 11	10:00am	2:00pm
<b>Course 339100</b> July - 2013			
Session 1	Monday, Jul. 8	10:00am	2:00pm







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# SWIM LESSONS

Swim Lesson  
Registration will begin

**August 15th  
at 6:30am**

No registrations will be processed  
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

## WAYS TO REGISTER FOR SWIM LESSONS



**RECWEB** Online registration at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov). Internet users must pay their account in full. Online registration is recommended. Please create your account by August 10.



**WALK IN AT AQUATIC FACILITIES** Registrations can be processed at any of our pools.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the locker rooms only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

**PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.**

Screening is available to evaluate the student's abilities at each pool. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

# ***GUIDELINES FOR PLACEMENT IN SWIM CLASSES***

<b>PARENT-ASSISTED LESSONS</b>		
Waterbabies (Ages 6 mo - 18 mo)	Aquatots (Ages 18 mo - 3yr)	Pre-School (Ages 3yr - 5yr)
<b>Class Objectives:</b> Parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.		<b>Class Requirements:</b> On the first day of class, students must be able to: Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained
<b>LEVEL 1</b>		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
<b>Class Objectives:</b> Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.		<b>Class Requirements:</b> On the first day of class, students must be able to: Function well in a group setting without parents since parents DO NOT accompany children.
<b>LEVEL 2</b>		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
<b>Class Objectives:</b> Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.		<b>Class Requirements:</b> On the first day of class, students must be able to: Enter water, front and back float, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.
<b>LEVEL 3</b>		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
<b>Class Objectives:</b> Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.		<b>Class Requirements:</b> On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.
<b>LEVEL 4</b>		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
<b>Class Objectives:</b> Students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.		<b>Class Requirements:</b> On the first day of class, students must be able to: Back crawl, elementary backstroke kick, treading water and rhythmic breathing and a proficient front crawl.
<b>LEVEL 5</b>		
Youth (Ages 7 - 13)	Adult (Ages 14+)	
<b>Class Objectives:</b> Students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.		<b>Class Requirements:</b> On the first day of class, students must be able to: Elementary backstroke and breaststroke and highly proficient front crawl.
<b>LEVEL 6</b>		
Youth (Ages 7 - 13)	Adult (Ages 14+)	
<b>Class Objectives:</b> Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.		<b>Class Requirements:</b> On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)





## WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

### GERMANTOWN INDOOR SWIM CENTER

339172	9/22	Sa	10:25am - 10:55am
339174	9/22	Sa	9:45am - 10:15am
339173	9/23	Su	9:45am - 10:15am

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336396	9/8	Sa	10:20am - 10:50am
336397	9/8	Sa	11:40am - 12:10pm
336398	9/9	Su	9:40am - 10:10am
336399	9/9	Su	11:40am - 12:10pm
336400	9/10	M	9:00am - 9:30am
336406	10/29	M	9:00am - 9:30am
336401	11/1	Th	9:00am - 9:30am
336407	11/1	Th	9:00am - 9:30am
336402	11/3	Sa	10:20am - 10:50am
336403	11/3	Sa	11:40am - 12:10pm
336404	11/4	Su	9:40am - 10:10am
336405	11/4	Su	11:40am - 12:10pm

### MARTIN LUTHER KING, JR. SWIM CENTER

338955	9/8	Sa	11:40am - 12:10pm
338956	9/11	Tu	9:30am - 10:00am
338957	9/11	Tu	6:30pm - 7:00pm
338958	11/4	Su	10:00am - 10:30am
338959	11/6	Tu	9:30am - 10:00am
338960	11/6	Tu	6:30pm - 7:00pm

### OLNEY SWIM CENTER

335743	9/4	Tu	9:40am - 10:10am
335748	9/6	Th	5:15pm - 5:45pm
335741	9/8	Sa	10:50am - 11:20am
335742	9/9	Su	10:50am - 11:20am
335746	10/23	Tu	10:15am - 10:45am
335747	10/23	Tu	5:15pm - 5:45pm
335744	10/27	Sa	10:50am - 11:20am
335745	10/28	Su	10:50am - 11:20am

## AQUATOTS

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

### GERMANTOWN INDOOR SWIM CENTER

339189	9/19	W	6:10pm - 6:40pm
339185	9/22	Sa	11:45am - 12:15pm
339186	9/22	Sa	12:25pm - 12:55pm
339187	9/23	Su	11:05am - 11:35am
339188	9/23	Su	12:25pm - 12:55pm
339190	11/7	W	6:10pm - 6:40pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336249	9/8	Sa	9:00am - 9:30am
336250	9/8	Sa	12:20pm - 12:50pm
336251	9/9	Su	9:00am - 9:30am
336252	9/9	Su	11:00am - 11:30am
336253	9/10	M	10:00am - 10:30am
336254	9/11	Tu	9:00am - 9:30am
336255	9/11	Tu	10:00am - 10:30am
336256	9/12	W	9:00am - 9:30am
336257	9/12	W	6:10pm - 6:40pm
336258	9/13	Th	10:00am - 10:30am
336259	9/13	Th	5:30pm - 6:00pm
336260	9/14	F	9:00am - 9:30am
336264	10/29	M	10:00am - 10:30am
336265	10/30	Tu	9:00am - 9:30am
336266	10/30	Tu	10:00am - 10:30am
336273	10/30	Tu	4:10pm - 4:40pm
336267	10/31	W	9:00am - 9:30am
336268	10/31	W	6:10pm - 6:40pm
336269	11/1	Th	10:00am - 10:30am
336270	11/1	Th	5:30pm - 6:00pm
336271	11/2	F	9:00am - 9:30am
336261	11/3	Sa	9:00am - 9:30am
336262	11/3	Sa	12:20pm - 12:50pm
336263	11/4	Su	11:00am - 11:30am
336272	11/4	Su	9:00am - 9:30am

**MARTIN LUTHER KING, JR. SWIM CENTER**

338789	9/8	Sa	10:15am - 10:45am
338790	9/9	Su	10:00am - 10:30am
338791	9/9	Su	11:20am - 11:50am
338792	9/11	Tu	10:10am - 10:40am
338793	9/12	W	6:30pm - 7:00pm
338794	11/3	Sa	9:00am - 9:30am
338795	11/3	Sa	11:40am - 12:10pm
338799	11/3	Sa	11:00am - 11:30am
338801	11/3	Sa	10:15am - 10:45am
338796	11/4	Su	11:20am - 11:50am
338800	11/5	M	5:10pm - 5:40pm
338797	11/6	Tu	10:10am - 10:40am
338798	11/7	W	6:30pm - 7:00pm

**OLNEY SWIM CENTER**

335577	9/4	Tu	10:15am - 10:45am
335578	9/4	Tu	5:55pm - 6:25pm
335579	9/6	Th	9:40am - 10:10am
335580	9/6	Th	6:30pm - 7:00pm
335574	9/8	Sa	10:10am - 10:40am
335575	9/8	Sa	11:30am - 12:00pm
335576	9/9	Su	11:30am - 12:00pm
335581	9/10	M	6:20pm - 6:50pm
335585	10/23	Tu	9:40am - 10:10am
335586	10/23	Tu	5:55pm - 6:25pm
335587	10/25	Th	10:15am - 10:45am
335582	10/27	Sa	10:10am - 10:40am
335583	10/28	Su	10:10am - 10:40am
335584	10/28	Su	11:30am - 12:00pm
335589	10/28	Su	9:00am - 9:30am
335588	10/31	W	6:20pm - 6:50pm

**PRE-SCHOOL**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

**GERMANTOWN INDOOR SWIM CENTER**

339197	9/19	W	5:30pm - 6:00pm
339193	9/22	Sa	11:05am - 11:35am
339194	9/22	Sa	1:05pm - 1:35pm
339195	9/23	Su	10:25am - 10:55am
339196	9/23	Su	11:45am - 12:15pm
339198	11/7	W	5:30pm - 6:00pm

**EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER**

336382	9/8	Sa	11:00am - 11:30am
336383	9/8	Sa	1:00pm - 1:30pm
336384	9/9	Su	10:20am - 10:50am
336385	9/9	Su	1:00pm - 1:30pm
336386	9/11	Tu	3:30pm - 4:00pm
336387	9/11	Tu	6:10pm - 6:40pm
336388	9/13	Th	9:30am - 10:00am
336393	10/30	Tu	3:30pm - 4:00pm
336394	10/30	Tu	6:10pm - 6:40pm
336395	11/1	Th	9:30am - 10:00am
336389	11/3	Sa	11:00am - 11:30am
336390	11/3	Sa	1:00pm - 1:30pm
336391	11/4	Su	10:20am - 10:50am
336392	11/4	Su	1:00pm - 1:30pm

**MARTIN LUTHER KING, JR. SWIM CENTER**

338942	9/8	Sa	1:00pm - 1:30pm
338952	9/8	Sa	9:40am - 10:10am
338943	9/9	Su	12:00pm - 12:30pm
338953	9/9	Su	9:15am - 9:45am
338944	9/10	M	5:50pm - 6:20pm
338945	9/13	Th	10:10am - 10:40am
338946	9/13	Th	6:30pm - 7:00pm
338947	11/3	Sa	1:00pm - 1:30pm
338954	11/3	Sa	9:40am - 10:10am
338948	11/4	Su	12:00pm - 12:30pm
338949	11/5	M	5:50pm - 6:20pm
338950	11/8	Th	10:10am - 10:40am
338951	11/8	Th	6:30pm - 7:00pm

**OLNEY SWIM CENTER**

335730	9/4	Tu	6:30pm - 7:00pm
338036	9/5	W	6:20pm - 6:50pm
335731	9/6	Th	10:15am - 10:45am
335732	9/6	Th	5:55pm - 6:25pm
335726	9/8	Sa	9:30am - 10:00am
335727	9/8	Sa	12:50pm - 1:20pm
335728	9/9	Su	9:30am - 10:00am
335729	9/9	Su	10:10am - 10:40am
335736	10/23	Tu	6:30pm - 7:00pm
335737	10/25	Th	9:40am - 10:10am
335738	10/25	Th	5:55pm - 6:25pm
335733	10/27	Sa	9:30am - 10:00am
335734	10/27	Sa	11:30am - 12:00pm
335740	10/27	Sa	9:00am - 9:30am
335735	10/28	Su	9:30am - 10:00am
335739	10/29	M	6:20pm - 6:50pm







## PRE-BEGINNER-LEVEL 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions

\$59

### GERMANTOWN INDOOR SWIM CENTER

339211	9/18	Tu, Th	5:30pm - 6:00pm
339212	9/18	Tu, Th	5:30pm - 6:00pm
339213	9/18	Tu, Th	5:30pm - 6:00pm
339210	9/19	W	5:30pm - 6:00pm
339199	9/22	Sa	10:25am -10:55am
339200	9/22	Sa	11:05am -11:35am
339201	9/22	Sa	11:45am -12:15pm
339202	9/22	Sa	12:25pm -12:55pm
339203	9/22	Sa	1:05pm - 1:35pm
339204	9/23	Su	10:25am -10:55am
339205	9/23	Su	9:45am -10:15am
340047	9/23	Su	11:05am -11:35am
339206	9/23	Su	11:45am -12:15pm
339207	9/23	Su	12:25pm -12:55pm
339209	9/24	M	5:30pm - 6:00pm
339214	10/16	Tu, Th	6:10pm - 6:40pm
339215	10/16	Tu, Th	6:10pm - 6:40pm
339216	10/16	Tu, Th	4:50pm - 5:20pm
339217	11/5	M	5:30pm - 6:00pm
339218	11/7	W	5:30pm - 6:00pm
339219	11/27	Tu, Th	5:30pm - 6:00pm
339220	11/27	Tu, Th	5:30pm - 6:00pm
339221	11/27	Tu, Th	5:30pm - 6:00pm

## EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336282	9/8	Sa	9:00am - 9:30am
336283	9/8	Sa	9:40am -10:10am
336284	9/8	Sa	10:20am -10:50am
336285	9/8	Sa	1:00pm - 1:30pm
336286	9/9	Su	9:00am - 9:30am
336287	9/9	Su	10:20am -10:50am
336288	9/9	Su	12:20pm -12:50pm
336289	9/9	Su	1:00pm - 1:30pm
336290	9/10	M	9:30am -10:00am
336291	9/10	M	6:10pm - 6:40pm
336292	9/11	Tu	6:10pm - 6:40pm
336293	9/11	Tu	4:50pm - 5:20pm
336295	9/12	W	9:30am -10:00am
336294	9/13	Th	3:30pm - 4:00pm
336296	9/13	Th	5:30pm - 6:00pm
336297	9/14	F	10:00am -10:30am
336306	10/29	M	9:30am -10:00am
336307	10/29	M	6:10pm - 6:40pm
336309	10/30	Tu	6:10pm - 6:40pm
336310	10/30	Tu	4:50pm - 5:20pm
336312	10/31	W	9:30am -10:00am
336308	11/1	Th	10:30am -11:00am
336311	11/1	Th	3:30pm - 4:00pm
336313	11/1	Th	5:30pm - 6:00pm
336315	11/1	Th	10:30am -11:00am
336314	11/2	F	10:00am -10:30am
336298	11/3	Sa	9:00am - 9:30am
336299	11/3	Sa	9:40am -10:10am
336300	11/3	Sa	10:20am -10:50am
336301	11/3	Sa	1:00pm - 1:30pm
336302	11/4	Su	9:00am - 9:30am
336303	11/4	Su	10:20am -10:50am
336304	11/4	Su	12:20pm -12:50pm
336305	11/4	Su	1:00pm - 1:30pm

## ADAPTED AQUATICS

This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions

\$55

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336227	9/8	Sa	9:45am -10:25am
336228	9/8	Sa	10:35am -11:15am
336229	11/3	Sa	10:35am -11:15am
336230	11/3	Sa	9:45am -10:25am

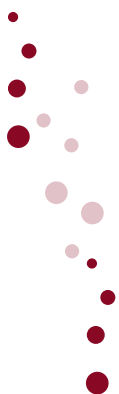


**MARTIN LUTHER KING, JR. SWIM CENTER**

338822	9/8	Sa	11:00am - 11:30am
338823	9/8	Sa	12:20pm - 12:50pm
338824	9/8	Sa	1:00pm - 1:30pm
338827	9/8	Sa	9:00am - 9:30am
338834	9/8	Sa	9:40am - 10:10am
338825	9/9	Su	10:40am - 11:10am
338826	9/9	Su	12:00pm - 12:30pm
338835	9/9	Su	9:15am - 9:45am
338828	9/10	M	5:10pm - 5:40pm
338829	9/10	M	6:30pm - 7:00pm
338830	9/11	Tu	5:10pm - 5:40pm
338831	9/12	W	5:10pm - 5:40pm
338832	9/13	Th	9:30am - 10:00am
338833	9/13	Th	5:50pm - 6:20pm
338838	11/3	Sa	9:40am - 10:10am
338840	11/3	Sa	11:40am - 12:10pm
338845	11/3	Sa	9:00am - 9:30am
338846	11/3	Sa	12:20pm - 12:50pm
338849	11/3	Sa	1:00pm - 1:30pm
338836	11/4	Su	10:40am - 11:10am
338837	11/4	Su	12:00pm - 12:30pm
338848	11/4	Su	9:15am - 9:45am
338839	11/5	M	6:30pm - 7:00pm
338843	11/6	Tu	5:10pm - 5:40pm
338841	11/7	W	5:50pm - 6:20pm
338847	11/7	W	5:10pm - 5:40pm
338842	11/8	Th	5:10pm - 5:40pm
338844	11/8	Th	5:10pm - 5:40pm

**OLNEY SWIM CENTER**

335622	9/4	Tu	5:55pm - 6:25pm
335623	9/4	Tu	6:30pm - 7:00pm
335651	9/5	W	7:00pm - 7:30pm
335653	9/5	W	6:20pm - 6:50pm
335654	9/5	W	6:20pm - 6:50pm
335624	9/6	Th	5:55pm - 6:25pm
335625	9/6	Th	6:30pm - 7:00pm
335607	9/8	Sa	9:30am - 10:00am
335608	9/8	Sa	10:10am - 10:40am
335609	9/8	Sa	10:50am - 11:20am
335610	9/8	Sa	11:30am - 12:00pm
335611	9/8	Sa	11:30am - 12:00pm
335612	9/8	Sa	12:10pm - 12:40pm
335613	9/8	Sa	12:10pm - 12:40pm
335614	9/8	Sa	12:50pm - 1:20pm
335615	9/9	Su	9:30am - 10:00am
335616	9/9	Su	9:30am - 10:00am
335617	9/9	Su	10:10am - 10:40am
335618	9/9	Su	10:50am - 11:20am
335619	9/9	Su	10:50am - 11:20am
335620	9/9	Su	11:30am - 12:00pm
335621	9/9	Su	11:30am - 12:00pm
335626	9/10	M	6:20pm - 6:50pm
335627	9/10	M	6:20pm - 6:50pm
335628	9/10	M	7:00pm - 7:30pm
335644	10/23	Tu	5:55pm - 6:25pm
335645	10/23	Tu	5:55pm - 6:25pm
335646	10/23	Tu	6:30pm - 7:00pm
335656	10/23	Tu	5:15pm - 5:45pm
335647	10/25	Th	5:55pm - 6:25pm
335648	10/25	Th	5:55pm - 6:25pm
335649	10/25	Th	6:30pm - 7:00pm
335650	10/25	Th	6:30pm - 7:00pm
335657	10/25	Th	5:15pm - 5:45pm
335629	10/27	Sa	9:30am - 10:00am
335630	10/27	Sa	10:10am - 10:40am
335631	10/27	Sa	10:50am - 11:20am
335632	10/27	Sa	10:50am - 11:20am
335633	10/27	Sa	11:30am - 12:00pm
335634	10/27	Sa	12:10pm - 12:40pm
335635	10/27	Sa	12:50pm - 1:20am
335636	10/27	Sa	12:50pm - 1:20pm
335637	10/28	Su	9:30am - 10:00am
335638	10/28	Su	10:10am - 10:40am
335639	10/28	Su	10:10am - 10:40am
335640	10/28	Su	10:50am - 11:20am
335641	10/28	Su	10:50am - 11:20am
335642	10/28	Su	11:30am - 12:00pm
335643	10/28	Su	11:30am - 12:00pm
335652	10/29	M	6:20pm - 6:50pm
335655	10/31	W	6:20pm - 6:50pm







*"Your swim  
instructors  
are very good with  
small children..."*

*very  
professional."*

*-Mary H.*

## PRE-BEGINNER-LEVEL 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions

\$57

### GERMANTOWN INDOOR SWIM CENTER

339239	9/18	Tu, Th	6:10pm - 6:40pm
339240	9/18	Tu, Th	6:10pm - 6:40pm
339241	9/18	Tu, Th	6:10pm - 6:40pm
339238	9/19	W	6:10pm - 6:40pm
339228	9/22	Sa	9:45am - 10:15am
339229	9/22	Sa	10:25am - 10:55am
339230	9/22	Sa	11:05am - 11:35am
339231	9/22	Sa	11:45am - 12:15pm
339232	9/22	Sa	1:05pm - 1:35pm
339233	9/23	Su	9:45am - 10:15am
339234	9/23	Su	10:25am - 10:55am
339235	9/23	Su	11:45am - 12:15pm
339236	9/23	Su	12:25pm - 12:55pm
339237	9/24	M	6:10pm - 6:40pm
339242	10/16	Tu, Th	4:50pm - 5:20pm
339243	10/16	Tu, Th	4:50pm - 5:20pm
339244	10/16	Tu, Th	5:30pm - 6:00pm
339245	11/5	M	6:10pm - 6:40pm
339246	11/7	W	6:10pm - 6:40pm
339247	11/27	Tu, Th	6:10pm - 6:40pm
339248	11/27	Tu, Th	6:10pm - 6:40pm
339249	11/27	Tu, Th	6:10pm - 6:40pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336316	9/8	Sa	9:00am - 9:30am
336317	9/8	Sa	9:40am - 10:10am
336318	9/8	Sa	11:40am - 12:10pm
336319	9/8	Sa	12:20pm - 12:50pm
336320	9/9	Su	9:00am - 9:30am
336321	9/9	Su	9:40am - 10:10am
336322	9/9	Su	11:40am - 12:10pm
336323	9/9	Su	12:20pm - 12:50pm
336325	9/11	Tu	9:30am - 10:00am
336326	9/11	Tu	5:30pm - 6:00pm
336327	9/12	W	5:30pm - 6:00pm
336329	9/13	Th	4:10pm - 4:40pm
336328	9/14	F	9:30am - 10:00am
336324	9/17	M	5:30pm - 6:00pm

336338	10/29	M	5:30pm - 6:00pm
336339	10/30	Tu	9:30am - 10:00am
336340	10/30	Tu	5:30pm - 6:00pm
336341	10/31	W	5:30pm - 6:00pm
336343	11/1	Th	4:10pm - 4:40pm
336342	11/2	F	9:30am - 10:00am
336330	11/3	Sa	9:00am - 9:30am
336331	11/3	Sa	9:40am - 10:10am
336332	11/3	Sa	11:40am - 12:10pm
336333	11/3	Sa	12:20pm - 12:50pm
336334	11/4	Su	9:00am - 9:30am
336335	11/4	Su	9:40am - 10:10am
336336	11/4	Su	11:40am - 12:10pm
336337	11/4	Su	12:20pm - 12:50pm

### MARTIN LUTHER KING, JR. SWIM CENTER

338880	9/8	Sa	10:15am - 10:45am
338881	9/8	Sa	11:00am - 11:30am
338882	9/8	Sa	11:40am - 12:10pm
338883	9/8	Sa	12:20pm - 12:50pm
338887	9/8	Sa	9:00am - 9:30am
338893	9/8	Sa	11:00am - 11:30am
338884	9/9	Su	10:00am - 10:30am
338885	9/9	Su	12:00pm - 12:30pm
338886	9/10	M	6:30pm - 7:00pm
338888	9/11	Tu	5:50pm - 6:20pm
338889	9/11	Tu	6:30pm - 7:00pm
338890	9/12	W	5:50pm - 6:20pm
338891	9/13	Th	5:10pm - 5:40pm
338892	9/13	Th	6:30pm - 7:00pm
338894	11/3	Sa	11:40am - 12:10pm
338902	11/3	Sa	10:15am - 10:45am
338905	11/3	Sa	1:00pm - 1:30pm
338906	11/3	Sa	9:40am - 10:10am
338908	11/3	Sa	9:00am - 9:30am
338909	11/3	Sa	9:40am - 10:10am
338895	11/4	Su	10:00am - 10:30am
338896	11/4	Su	11:20am - 11:50am
338897	11/4	Su	12:00pm - 12:30pm
338911	11/4	Su	9:15am - 9:45am
338912	11/4	Su	9:15am - 9:45am
338898	11/5	M	5:10pm - 5:40pm
338899	11/5	M	6:30pm - 7:00pm
338901	11/6	Tu	6:30pm - 7:00pm
338900	11/7	W	5:50pm - 6:20pm
338907	11/7	W	5:10pm - 5:40pm
338903	11/8	Th	9:30am - 10:00am
338904	11/8	Th	5:50pm - 6:20pm
338910	11/8	Th	5:10pm - 5:40pm

**OLNEY SWIM CENTER**

335669	9/4	Tu	5:55pm - 6:25pm
335670	9/4	Tu	6:30pm - 7:00pm
335693	9/4	Tu	5:15pm - 5:45pm
335697	9/5	W	6:20pm - 6:50pm
335698	9/5	W	6:20pm - 6:50pm
335699	9/5	W	7:00am - 7:30pm
335671	9/6	Th	5:55pm - 6:25pm
335672	9/6	Th	6:30pm - 7:00pm
335658	9/8	Sa	9:30am - 10:00am
335659	9/8	Sa	10:10am - 10:40am
335660	9/8	Sa	10:50am - 11:20am
335661	9/8	Sa	11:30am - 12:00pm
335662	9/8	Sa	12:50pm - 1:20pm
335663	9/8	Sa	12:50pm - 1:20pm
335664	9/9	Su	9:30am - 10:00am
335665	9/9	Su	10:10am - 10:40am
335666	9/9	Su	10:50am - 11:20am
335667	9/9	Su	11:30am - 12:00pm
335668	9/9	Su	11:30am - 12:00pm
335673	9/10	M	6:20pm - 6:50pm
335674	9/10	M	6:20pm - 6:50pm
335675	9/10	M	7:00pm - 7:30pm
335688	10/23	Tu	5:55pm - 6:25pm
335689	10/23	Tu	6:30pm - 7:00pm
335695	10/23	Tu	5:15pm - 5:45pm
335690	10/25	Th	5:55pm - 6:25pm
335691	10/25	Th	6:30pm - 7:00pm
335701	10/25	Th	5:15pm - 5:45pm
335676	10/27	Sa	9:30am - 10:00am
335677	10/27	Sa	10:10am - 10:40am
335678	10/27	Sa	11:30am - 12:00pm
335679	10/27	Sa	12:10pm - 12:40pm
335680	10/27	Sa	12:50pm - 1:20pm
335681	10/27	Sa	12:50pm - 1:20pm
335682	10/28	Su	9:30am - 10:00am
335683	10/28	Su	10:10am - 10:40am
335684	10/28	Su	10:10am - 10:40am
335685	10/28	Su	10:50am - 11:20am
335686	10/28	Su	11:30am - 12:00pm
335687	10/28	Su	11:30am - 12:00pm
335692	10/29	M	6:20pm - 6:50pm
335694	10/29	M	7:00pm - 7:30pm
335696	10/29	M	7:00pm - 7:30pm
335700	10/31	W	6:20pm - 6:50pm
338037	10/31	W	7:00am - 7:30pm

**PRE-BEGINNER-LEVEL 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions

\$57

**GERMANTOWN INDOOR SWIM CENTER**

339257	9/18	Tu, Th	4:50pm - 5:20pm
339258	9/18	Tu, Th	4:50pm - 5:20pm
339250	9/22	Sa	9:45am - 10:15am
339251	9/22	Sa	12:25pm - 12:55pm
339252	9/22	Sa	1:05pm - 1:35pm
339253	9/23	Su	10:25am - 10:55am
339254	9/23	Su	11:05am - 11:35am
339255	9/23	Su	11:45am - 12:15pm
339256	9/24	M	5:30pm - 6:00pm
339259	10/16	Tu, Th	5:30pm - 6:00pm
339260	10/16	Tu, Th	5:30pm - 6:00pm
339261	10/16	Tu, Th	6:10pm - 6:40pm
339262	11/5	M	5:30pm - 6:00pm
339263	11/27	Tu, Th	4:50pm - 5:20pm
339264	11/27	Tu, Th	4:50pm - 5:20pm

**EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER**

336344	9/8	Sa	11:00am - 11:30am
336345	9/8	Sa	11:40am - 12:10pm
336346	9/8	Sa	1:00pm - 1:30pm
336347	9/9	Su	9:40am - 10:10am
336348	9/9	Su	10:20am - 10:50am
336349	9/9	Su	11:00am - 11:30am
336350	9/9	Su	1:00pm - 1:30pm
336351	9/10	M	5:30pm - 6:00pm
336352	9/11	Tu	4:10pm - 4:40pm
336353	9/12	W	5:30pm - 6:00pm
336354	9/12	W	6:10pm - 6:40pm
336356	9/13	Th	6:10pm - 6:40pm
336357	9/13	Th	4:50pm - 5:20pm
336355	9/14	F	10:30am - 11:00am
336365	10/29	M	5:30pm - 6:00pm
336366	10/30	Tu	4:10pm - 4:40pm
336367	10/31	W	5:30pm - 6:00pm
336368	10/31	W	6:10pm - 6:40pm
336370	11/1	Th	6:10pm - 6:40pm
336371	11/1	Th	4:50pm - 5:20pm
336369	11/2	F	10:30am - 11:00am
336358	11/3	Sa	11:00am - 11:30am
336360	11/3	Sa	1:00pm - 1:30pm
336361	11/4	Su	9:40am - 10:10am
336362	11/4	Su	10:20am - 10:50am
336363	11/4	Su	11:00am - 11:30am
336364	11/4	Su	1:00pm - 1:30pm
336359	11/3	Sa	11:40am - 12:10pm







### MARTIN LUTHER KING, JR. SWIM CENTER

338923	9/8	Sa	10:15am - 10:45am
338924	9/9	Su	11:20am - 11:50am
338926	9/9	Su	10:40am - 11:10am
338925	9/10	M	5:50pm - 6:20pm
338927	9/12	W	6:30pm - 7:00pm
338928	11/3	Sa	11:00am - 11:30am
338929	11/3	Sa	12:20pm - 12:50pm
338930	11/4	Su	10:00am - 10:30am
338931	11/4	Su	10:40am - 11:10am
338932	11/5	M	5:50pm - 6:20pm
338933	11/6	Tu	5:50pm - 6:20pm
338935	11/6	Tu	7:10pm - 7:40pm
338934	11/7	W	6:30pm - 7:00pm
338936	11/8	Th	6:30pm - 7:00pm

### OLNEY SWIM CENTER

335718	9/5	W	7:00pm - 7:30pm
335719	9/5	W	7:35pm - 8:05pm
335702	9/8	Sa	9:30am - 10:00am
335703	9/8	Sa	10:10am - 10:40am
335704	9/8	Sa	11:30am - 12:00pm
335705	9/8	Sa	12:10pm - 12:40pm
335706	9/9	Su	9:30am - 10:00am
335707	9/9	Su	10:10am - 10:40am
335708	9/10	M	7:00pm - 7:30pm
335709	9/10	M	7:35pm - 8:05pm
335710	10/27	Sa	9:30am - 10:00am
335711	10/27	Sa	10:10am - 10:40am
335712	10/27	Sa	12:10pm - 12:40pm
335713	10/28	Su	9:30am - 10:00am
335714	10/28	Su	10:10am - 10:40am
335715	10/28	Su	10:50am - 11:20am
335716	10/29	M	7:00pm - 7:30pm
335717	10/29	M	7:35pm - 8:05pm
338038	10/31	W	7:00pm - 7:30pm

## PRE-BEGINNER-LEVEL 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions

\$57

### GERMANTOWN INDOOR SWIM CENTER

339265	9/22	Sa	11:05am - 11:35am
339266	9/22	Sa	11:45am - 12:15pm
339267	9/23	Su	11:05am - 11:35am

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336372	9/8	Sa	11:00am - 11:30am
336373	9/8	Sa	12:20pm - 12:50pm
336374	9/9	Su	11:00am - 11:30am
336375	9/9	Su	11:40am - 12:10pm
336376	9/13	Th	6:10pm - 6:40pm
336381	11/1	Th	6:10pm - 6:40pm
336377	11/3	Sa	11:00am - 11:30am
336378	11/3	Sa	12:20pm - 12:50pm
336379	11/4	Su	11:00am - 11:30am
336380	11/4	Su	11:40am - 12:10pm

### MARTIN LUTHER KING, JR. SWIM CENTER

338937	9/8	Sa	11:40am - 12:10pm
338938	9/11	Tu	7:10pm - 7:40pm
338939	11/3	Sa	10:15am - 10:45am
338940	11/4	Su	11:20am - 11:50am
338941	11/8	Th	7:10pm - 7:40pm

### OLNEY SWIM CENTER

335725	9/5	W	7:35pm - 8:05pm
335720	9/8	Sa	12:10pm - 12:40pm
335721	9/9	Su	10:50am - 11:20am
335722	9/10	M	7:35pm - 8:05pm
335723	10/27	Sa	12:10pm - 12:40pm
335724	10/28	Su	9:30am - 10:00am
338039	10/31	W	7:30pm - 8:00pm



## YOUTH-LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions

\$52

### GERMANTOWN INDOOR SWIM CENTER

339271	9/18	Tu, Th	4:50pm - 5:20pm
339268	9/22	Sa	10:25am - 10:55am
339269	9/23	Su	11:05am - 11:35am
339270	9/24	M	6:10pm - 6:40pm
339272	11/5	M	6:10pm - 6:40pm
339273	11/27	Tu, Th	4:50pm - 5:20pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336408	9/8	Sa	1:00pm - 1:30pm
336409	9/9	Su	9:40am - 10:10am
336410	9/10	M	6:10pm - 6:40pm
336413	10/29	M	6:10pm - 6:40pm
336411	11/3	Sa	1:00pm - 1:30pm
336412	11/4	Su	9:40am - 10:10am

### MARTIN LUTHER KING, JR. SWIM CENTER

338961	9/8	Sa	10:15am - 10:45am
338962	9/8	Sa	11:40am - 12:10pm
338963	9/8	Sa	12:20pm - 12:50pm
338964	9/9	Su	10:40am - 11:10am
338965	9/9	Su	12:00pm - 12:30pm
338974	9/10	M	5:10pm - 5:40pm
338966	9/11	Tu	5:50pm - 6:20pm
338967	9/11	Tu	7:10pm - 7:40pm
338968	9/12	W	5:50pm - 6:20pm
338972	11/3	Sa	12:20pm - 12:50pm
338973	11/3	Sa	9:00am - 9:30am
338969	11/4	Su	10:40am - 11:10am
338970	11/7	W	5:10pm - 5:40pm
338971	11/8	Th	5:50pm - 6:20pm

### OLNEY SWIM CENTER

335757	9/4	Tu	5:15pm - 5:45pm
335758	9/6	Th	5:15pm - 5:45pm
335749	9/8	Sa	9:30am - 10:00am
335750	9/9	Su	10:10am - 10:40am
335751	9/10	M	7:35pm - 8:05pm
335753	10/23	Tu	6:30pm - 7:00pm
335759	10/23	Tu	5:15pm - 5:45pm
335760	10/25	Th	5:15pm - 5:45pm
335752	10/27	Sa	10:50am - 11:20am
335756	10/27	Sa	9:30am - 10:00am
335755	10/29	M	6:20pm - 6:50pm
335754	10/31	W	6:20pm - 6:50pm
338040	10/31	W	7:35pm - 8:05pm

## YOUTH-LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions

\$52

### GERMANTOWN INDOOR SWIM CENTER

339278	9/19	W	5:30pm - 6:00pm
339274	9/22	Sa	9:45am - 10:15am
339276	9/23	Su	9:45am - 10:15am
339277	9/23	Su	11:45am - 12:15pm
339279	11/7	W	5:30pm - 6:00pm
339275	9/22	Sa	11:05am - 11:35am

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336414	9/8	Sa	10:20am - 10:50am
336415	9/8	Sa	12:20pm - 12:50pm
336416	9/9	Su	11:40am - 12:10pm
336417	9/9	Su	12:20pm - 12:50pm
336418	9/11	Tu	5:30pm - 6:00pm
336423	10/30	Tu	5:30pm - 6:00pm
336419	11/3	Sa	10:20am - 10:50am
336420	11/3	Sa	12:20pm - 12:50pm
336421	11/4	Su	11:40am - 12:10pm
336422	11/4	Su	12:20pm - 12:50pm

### MARTIN LUTHER KING, JR. SWIM CENTER

338975	9/8	Sa	11:00am - 11:30am
338976	9/8	Sa	1:00pm - 1:30pm
338977	9/9	Su	10:40am - 11:10am
338978	9/9	Su	11:20am - 11:50am
338979	9/11	Tu	7:50pm - 8:20pm
338989	9/11	Tu	5:10pm - 5:40pm
338980	9/13	Th	5:50pm - 6:20pm
338981	11/3	Sa	11:40am - 12:10pm
338982	11/3	Sa	12:20pm - 12:50pm
338986	11/4	Su	11:20am - 11:50am
338988	11/4	Su	9:15am - 9:45am
338983	11/6	Tu	5:50pm - 6:20pm
338984	11/6	Tu	7:10pm - 7:40pm
338987	11/6	Tu	5:10pm - 5:40pm
338985	11/8	Th	7:10pm - 7:40pm

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### OLNEY SWIM CENTER

335771	9/5	W	7:35pm - 8:05am
335772	9/6	Th	5:15pm - 5:45pm
335761	9/8	Sa	10:50am - 11:20am
335762	9/8	Sa	12:50pm - 1:20pm
335763	9/9	Su	9:30am - 10:00am
335764	9/9	Su	10:10am - 10:40am
335765	9/10	M	7:35pm - 8:05pm
335769	10/25	Th	6:30pm - 7:00pm
335773	10/25	Th	5:15pm - 5:45pm
335766	10/27	Sa	10:10am - 10:40am
335767	10/27	Sa	10:50am - 11:20am
335768	10/28	Su	9:30am - 10:00am
335770	10/29	M	7:35pm - 8:05pm
338042	10/31	W	7:00am - 7:30am

## YOUTH-LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

### GERMANTOWN INDOOR SWIM CENTER

339284	9/19	W	6:10pm - 6:40pm
339280	9/22	Sa	12:25pm - 12:55pm
339281	9/22	Sa	1:05pm - 1:35pm
339282	9/23	Su	10:25am - 10:55am
339283	9/23	Su	12:25pm - 12:55pm
339286	11/7	W	6:10pm - 6:40pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336424	9/8	Sa	9:40am - 10:10am
336425	9/8	Sa	11:00am - 11:30am
336426	9/8	Sa	11:40am - 12:10pm
336427	9/9	Su	10:20am - 10:50am
336428	9/9	Su	11:00am - 11:30am
336429	11/3	Sa	9:40am - 10:10am
336430	11/3	Sa	11:00am - 11:30am
336431	11/3	Sa	11:40am - 12:10pm
336432	11/4	Su	10:20am - 10:50am
336433	11/4	Su	11:00am - 11:30am

### MARTIN LUTHER KING, JR. SWIM CENTER

339022	9/8	Sa	11:40am - 12:10pm
339023	9/8	Sa	1:00pm - 1:30pm
339024	9/9	Su	10:00am - 10:30am
339025	9/9	Su	11:20am - 11:50am
339026	9/11	Tu	7:50pm - 8:20pm
339027	9/13	Th	7:10pm - 7:40pm
339028	11/3	Sa	11:40am - 12:10pm
339029	11/3	Sa	1:00pm - 1:30pm
339030	11/4	Su	11:20am - 11:50am
339032	11/4	Su	12:00pm - 12:30pm
339031	11/6	Tu	7:50pm - 8:20pm

### OLNEY SWIM CENTER

335784	9/5	W	7:00pm - 7:30pm
335774	9/8	Sa	10:10am - 10:40am
335775	9/8	Sa	10:50am - 11:20am
335776	9/9	Su	10:10am - 10:40am
335777	9/9	Su	11:30am - 12:00pm
335778	9/10	M	7:00pm - 7:30pm
335779	10/27	Sa	10:50am - 11:20am
335780	10/27	Sa	11:30am - 12:00pm
335781	10/28	Su	10:10am - 10:40am
335782	10/28	Su	10:50am - 11:20am
335783	10/29	M	7:00pm - 7:30pm
338041	10/31	W	7:35pm - 8:05pm

## YOUTH-LEVEL 4

Designed for children at least 7 years old; these classes are taught in the Main Pool (3 1/2 ft and deeper). For students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

### GERMANTOWN INDOOR SWIM CENTER

339287	9/22	Sa	12:25pm - 12:55pm
339288	9/22	Sa	1:05pm - 1:35pm
339289	9/22	Sa	9:45am - 10:15am
339290	9/23	Su	12:25pm - 12:55pm

**EUNICE KENNEDY SHRIVER AND SARGENT  
SHRIVER AQUATIC CENTER**

336434	9/8	Sa	11:40am -12:10pm
336435	9/9	Su	11:00am -11:30am
336436	9/9	Su	12:20pm -12:50pm
336437	9/9	Su	1:00pm - 1:30pm
336438	11/3	Sa	11:40am -12:10pm
336439	11/4	Su	11:00am -11:30am
336440	11/4	Su	12:20pm -12:50pm
336441	11/4	Su	1:00pm - 1:30pm

**MARTIN LUTHER KING, JR. SWIM CENTER**

339033	9/8	Sa	12:20pm -12:50pm
339034	9/9	Su	10:00am -10:30am
339036	9/9	Su	11:20am -11:50am
339035	9/13	Th	7:50pm - 8:20pm
339037	11/3	Sa	12:20pm -12:50pm
339040	11/3	Sa	10:15am -10:45am
339038	11/4	Su	12:00pm -12:30pm
339039	11/6	Tu	7:50pm - 8:20pm

**OLNEY SWIM CENTER**

335793	9/5	W	7:00pm - 7:35pm
335785	9/8	Sa	10:50am -11:20am
335786	9/8	Sa	11:30am -12:00pm
335787	9/9	Su	10:50am -11:20am
335788	9/10	M	7:00pm - 7:30pm
335789	10/27	Sa	11:30am -12:00pm
335790	10/27	Sa	12:10pm -12:40pm
335791	10/28	Su	10:50am -11:20am
335792	10/29	M	7:00pm - 7:30pm
338043	10/31	W	7:00pm - 7:35pm

**YOUTH-LEVEL 5**

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

**GERMANTOWN INDOOR SWIM CENTER**

339291	9/22	Sa	11:45am -12:15pm
339292	9/23	Su	11:05am -11:35am
339293	9/23	Su	11:45am -12:15pm

**EUNICE KENNEDY SHRIVER AND SARGENT  
SHRIVER AQUATIC CENTER**

336442	9/8	Sa	1:00pm - 1:30pm
336443	9/9	Su	1:00pm - 1:30pm
336444	11/3	Sa	1:00pm - 1:30pm
336445	11/4	Su	1:00pm - 1:30pm

**MARTIN LUTHER KING, JR. SWIM CENTER**

339041	9/8	Sa	12:20pm -12:50pm
339042	9/9	Su	10:40am -11:10am
339043	9/13	Th	7:50pm - 8:20pm
339044	11/3	Sa	11:00am -11:30am
339045	11/4	Su	10:00am -10:30am
339046	11/8	Th	7:50pm - 8:20pm

**OLNEY SWIM CENTER**

335801	9/5	W	7:35pm - 8:05pm
335794	9/8	Sa	12:10pm -12:40pm
335795	9/9	Su	10:50am -11:20am
335796	9/10	M	7:35pm - 8:05pm
335797	10/27	Sa	12:10pm -12:40pm
335798	10/27	Sa	12:50pm - 1:20pm
335799	10/28	Su	11:30am -12:00pm
335800	10/29	M	7:35pm - 8:05pm

**YOUTH-LEVEL 6**

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

**GERMANTOWN INDOOR SWIM CENTER**

339294	9/22	Sa	10:25am -10:55am
339295	9/22	Sa	12:25pm -12:55pm
339296	9/23	Su	9:45am -10:15am

**EUNICE KENNEDY SHRIVER AND SARGENT  
SHRIVER AQUATIC CENTER**

336446	9/8	Sa	12:20pm -12:50pm
336447	9/9	Su	12:20pm -12:50pm
336448	11/3	Sa	12:20pm -12:50pm
336449	11/4	Su	12:20pm -12:50pm

**MARTIN LUTHER KING, JR. SWIM CENTER**

339047	9/8	Sa	1:00pm - 1:30pm
339048	9/13	Th	7:10pm - 7:40pm
339049	11/3	Sa	1:00pm - 1:30pm
339050	11/4	Su	10:40am -11:10am
339051	11/8	Th	7:50pm - 8:20pm

**OLNEY SWIM CENTER**

335802	9/8	Sa	12:10pm -12:40pm
335803	9/9	Su	11:30am -12:00pm
335804	10/27	Sa	12:50pm - 1:20pm
335805	10/28	Su	11:30am -12:00pm





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## ADULT-LEVEL 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions

\$59

### GERMANTOWN INDOOR SWIM CENTER

339297	9/22	Sa	11:05am - 11:35am
339298	9/23	Su	10:25am - 10:55am
339299	9/24	M	5:30pm - 6:00pm
339300	11/5	M	5:30pm - 6:00pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336232	9/8	Sa	11:00am - 11:30am
336233	9/9	Su	10:20am - 10:50am
336231	9/13	Th	8:30pm - 9:00pm
336234	11/1	Th	8:30pm - 9:00pm
336235	11/3	Sa	11:00am - 11:30am
336236	11/4	Su	10:20am - 10:50am

### MARTIN LUTHER KING, JR. SWIM CENTER

338772	9/8	Sa	11:00am - 11:30am
338773	9/9	Su	10:00am - 10:30am
338774	9/11	Tu	8:30pm - 9:00pm
338775	11/4	Su	10:00am - 10:30am
338776	11/6	Tu	8:30pm - 9:00pm

### OLNEY SWIM CENTER

335590	9/8	Sa	10:50am - 11:20am
335592	10/25	Th	7:10pm - 7:40pm
335591	10/27	Sa	11:30am - 12:00pm
335593	10/29	M	7:35pm - 8:05pm
338044	10/31	W	7:35pm - 8:05pm

## ADULT-LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions

\$57

### GERMANTOWN INDOOR SWIM CENTER

339301	9/22	Sa	10:25am - 10:55am
339302	9/23	Su	9:45am - 10:15am
339303	9/24	M	6:10pm - 6:40pm
339304	11/5	M	6:10pm - 6:40pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336237	9/8	Sa	10:20am - 10:50am
336238	11/3	Sa	10:20am - 10:50am

### MARTIN LUTHER KING, JR. SWIM CENTER

338777	9/8	Sa	10:15am - 10:45am
338778	9/9	Su	12:00pm - 12:30pm
338779	9/11	Tu	8:30pm - 9:00pm
338782	9/11	Tu	8:30pm - 9:00pm
338780	11/13	Sa	10:15am - 10:45am
338781	11/4	Su	10:40am - 11:10am

### OLNEY SWIM CENTER

335595	9/4	Tu	7:10pm - 7:40pm
335594	9/8	Sa	11:30am - 12:00pm
335597	10/23	Tu	7:45pm - 8:15pm
335596	10/27	Sa	11:30am - 12:00pm

## ADULT-LEVEL 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions

\$57

### GERMANTOWN INDOOR SWIM CENTER

339305	9/22	Sa	9:45am - 10:15am
339306	9/23	Su	12:25pm - 12:55pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336239	9/8	Sa	9:40am - 10:10am
336240	11/3	Sa	9:40am - 10:10am

### MARTIN LUTHER KING, JR. SWIM CENTER

338783	9/8	Sa	11:00am - 11:30am
338784	9/13	Th	8:30pm - 9:00pm
338786	11/8	Th	8:30pm - 9:00pm
338785	11/13	Sa	11:00am - 11:30am

### OLNEY SWIM CENTER

335599	9/6	Th	7:10pm - 7:40pm
335598	9/8	Sa	12:10pm - 12:40pm
335601	10/23	Tu	7:10pm - 7:40pm
335600	10/27	Sa	12:10pm - 12:40pm



## ADULT-LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

### GERMANTOWN INDOOR SWIM CENTER

339307 9/22 Sa 11:45am - 12:15pm

### EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

336241 9/9 Su 11:40am - 12:10pm

336242 9/11 Tu 8:30pm - 9:00pm

336244 10/30 Tu 8:30pm - 9:00pm

336243 11/4 Su 11:40am - 12:10pm

### MARTIN LUTHER KING, JR. SWIM CENTER

338787 9/13 Th 8:30pm - 9:00pm

338788 11/8 Th 8:30pm - 9:00pm

### OLNEY SWIM CENTER

335603 9/6 Th 7:45pm - 8:15pm

335602 9/8 Sa 12:50pm - 1:20pm

335605 10/25 Th 7:45pm - 8:15pm

335604 10/27 Sa 12:50pm - 1:20pm

## ADULT-LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

### EUNICE KENNEDY SHRIVER AND SARGENT

#### SHRIVER AQUATIC CENTER

336245 9/12 W 8:30pm - 9:00pm

336246 10/31 W 8:30pm - 9:00pm

### OLNEY SWIM CENTER

335606 9/4 Tu 7:45pm - 8:15pm

## ADULT-SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students.

6 Sessions \$57

### EUNICE KENNEDY SHRIVER AND SARGENT

#### SHRIVER AQUATIC CENTER

336225 9/10 M 8:30pm - 9:00pm

336226 10/29 M 8:30pm - 9:00pm

## ADULT-SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

### EUNICE KENNEDY SHRIVER AND SARGENT

#### SHRIVER AQUATIC CENTER

336247 9/10 M 8:30pm - 9:00pm

336248 10/29 M 8:30pm - 9:00pm







# CALSSMS

**NO CLASSES ON  
SEPTEMBER 3 & 17; NOVEMBER 22-25;  
AND DECEMBER 24-JANUARY 2  
(EXCEPT AQUATIC CLASSES)**

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## WINTER BREAK

### COACH DOUG CLUB HOLIDAY

Ages 3-13: Ages 3 -5 Half Day, Ages 5 -13 Full Day. Your Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to hang out with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, kickball and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

3 Sessions \$150

Instructor: Coach Doug Academy, Inc

336992 Cabin John MS 12/26 W-F 9:30am - 3:30pm

3 Sessions \$80

Instructor: Coach Doug Academy, Inc

336991 Cabin John MS 12/26 W-F 9:30am -12:30pm

### COACH DOUG CLUB HOLIDAY EXTENDED DAY

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

3 Sessions \$20

Instructor: Coach Doug Academy, Inc

337025 Cabin John MS 12/26 W-F 3:30pm - 6:00pm

337477 Cabin John MS 12/26 W-F 7:00am - 9:30am

### KARATE CLINICS WINTER BREAK

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$35, payable to TKA.

4 Sessions \$53

Instructor: TKA, Inc.

337428 Bauer Drive CC 12/26 W-M 9:00am -11:30am



## ARTS AND CRAFTS

### YOUTH

#### ADVENTURES IN ART

Ages 5-11: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

6 Sessions \$54

Instructor: Tatiana Martin

338334 Longwood CC 9/22 Sa 10:15am -11:15am

#### ART STUDIO

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

6 Sessions \$54

Instructor: Tatiana Martin

338337 Longwood CC 9/22 Sa 2:00pm - 3:00pm

#### ART WITH STORYTELLING

Ages 9-12: Develop your child's Imagination and Listening Skills in Art with Storytelling. This class will help your child to 'take a moment' and listen while transporting them along the imaginative journey of the world of art. A most creative way to acquire multi-tasking skills so necessary for their future success, while listening to great kid's stories on a 20 minute CD and working in paper-mache, oozy polymer clay, acrylics and potter's clay. There is a \$20 materials fee that will be due to the instructor at the first class.

5 Sessions \$55

Instructor: Rowena Bowman

339709 Jane E. Lawton CC 9/18 Tu 4:00pm - 5:00pm

339710 Wisconsin Place CC 9/24 M 4:00pm - 5:00pm

339711 White Oak CC 10/3 W 5:00pm - 6:00pm

#### CARTOONING WITH YOUNG REMBRANDTS

Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor.

6 Sessions \$80

Instructor: Young Rembrandts

338615 Wheaton CC 10/8 M 6:30pm - 7:30pm

338617 Potomac CC 10/9 Tu 5:00pm - 6:00pm

338616 Germantown CC 10/17 W 5:00pm - 6:00pm





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## DRAW & CLAY

Ages 4-9: September start date: Grizzly Bears and their natural habitat. We will draw, paint and sculpt out projects. October start date: My favorite pet or Animal: We will talk about and learn how to draw and sculpt the animals we love. Both classes include drawing fundamentals, color mixing and the development of fine motor skills while participants have tons of fun! \$10 material fee due to instructor for session class.

4 Sessions	\$40
Instructor: Yolanda Prinsloo	
339703 Bauer Drive CC	9/12 W 5:30pm - 6:30pm
5 Sessions	\$50
Instructor: Yolanda Prinsloo	
339704 Bauer Drive CC	10/17 W 5:30pm - 6:30pm

## DRAWING MADE EASY

Ages 5-9: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first class.

10 Sessions	\$90
Instructor: Pyper H. Dixon	
339591 White Oak CC	9/12 W 6:30pm - 7:30pm
339589 East County CC	9/15 Sa 1:00pm - 2:00pm
339590 Germantown CC	9/24 M 6:30pm - 7:30pm

## MODERN MASTERPIECES (PAINTING)

Ages 5-10: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila - a masterpiece! \$10 material fee due to instructor at class.

10 Sessions	\$80
Instructor: Pyper H. Dixon	
339595 Germantown CC	9/11 Tu 6:30pm - 7:30pm
339596 White Oak CC	9/13 Th 6:30pm - 7:30pm

## VOLUNTEER THIS FALL!

- Lead or assist in children's activities
- Support your local Community Center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful

## BECOME PART OF OUR TEAM!

Call 240-777-6840.

## FINE ARTS

### ACRYLIC PAINTING TECHNIQUES

Ages 14 and Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee due to instructor covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

10 Sessions	\$170
Instructor: Margaret Deskin	
339573 Bauer Drive CC	9/15 Sa 10:30am - 12:30pm

### BEGINNING DRAWING WITH KRITT

Ages 18 and Up: All levels: No talent? No problem! Buildings, landscapes, people and animals are all hiding in your pencil. I'll show you how to get them out! If you can draw a stick figure, you've got all the skill you need. All you're missing is how to 'see like an artist', and I can teach you that. Call 301-989-1799 for supply list.

6 Sessions	\$102
Instructor: Penny Kritt	
339645 Kritt Studio	9/10 M 10:00am - 12:00pm
339646 Kritt Studio	9/10 M 7:00pm - 9:00pm

### BEGINNING PAINTING WITH KRITT

Ages 18 and Up: Beg/Intermediate: Fast and fun, this class will get you off to a great start. Learn the basics, then everything is easier! See what paints are worth your money and how to use them the right way. We'll paint easy things, from trees to a vase of flowers. Watercolor or acrylics. Call 301-989-1799 for supply list.

6 Sessions	\$102
Instructor: Penny Kritt	
339697 Kritt Studio	9/11 Tu 10:00am - 12:00pm
339698 Kritt Studio	9/11 Tu 7:00pm - 9:00pm

### CHINESE WATERCOLORS

18 and Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

10 Sessions	\$170
Instructor: Helene Sze McCarthy	
338292 Blair, Montgomery HS	9/12 W 7:30pm - 9:30pm

### DRAWING KIDS AND PETS W/ KRITT -ALL LEVELS

Ages 17 and Up: You'll be thrilled at how easy this is. From portraits to sketches of the entire body, you can do it all. Sketch your kids at play, or draw your cat or dog (or bird, turtle, etc.!) Create family heirlooms! Learn to do subjects who pose and how to do quick sketches of those who won't sit (or stay!). Call 301-989-1799 for supply list.

5 Sessions	\$85
Instructor: Penny Kritt	
339699 Kritt Studio	10/29 M 10:00am - 12:00pm
339700 Kritt Studio	10/29 M 7:00pm - 9:00pm



### LET'S DRAW! BEGINNING/INTERMEDIATE

Ages 9 and Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

10 Sessions \$160  
Instructor: Pyper H. Dixon  
339587 East County CC 9/15 Sa 10:15am -12:15pm

### OIL OR ACRYLIC PAINTING- YOUR CHOICE

Ages 18 and Up: Beginners/Intermediate Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

10 Sessions \$170  
Instructor: Doris Haskel  
339567 Norwood Local Park 9/10 M 9:45am -11:45am  
339568 Norwood Local Park 9/11 Tu 9:45am -11:45am  
339569 Norwood Local Park 9/12 W 9:45am -11:45am

### PAINTING AUTUMN WITH KRITT

Ages 18 and Up: Catch Fall at its finest. Paint trees that look real, not like orange lollipops! Make clouds that don't look like they're pasted on. Learn how to do reflections of colors in water. Watercolor or acrylic. Call 301-989-1799 for supply list.

6 Sessions \$102  
Instructor: Penny Kritt  
339701 Kritt Studio 10/23 Tu 10:00am -12:00pm  
339702 Kritt Studio 10/23 Tu 7:00pm - 9:00pm

### PAINTING FROM A TO Z

Ages 10 and Up: All levels are welcome. Chose any painting medium you would like to work on: watercolor, gouache, acrylics, or oil painting. Beginners will be given structured lessons in composition, value, color mixing, and various painting techniques; experienced painters can work independently. Individualized attention will be given to meet personal needs. Please bring a sketchpad, 4B pencil, and an eraser to the first class. Materials will be discussed in the first class.

10 Sessions \$165  
Instructor: Vivienne Cho  
338352 Bauer Drive CC 9/11 Tu 1:00pm - 3:00pm



### RIGHT BRAIN DRAWING BEGINNER

Ages 12 and Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB,B1,B4), ruler, erasers or \$20 for materials fee due to instructor. \$5 instructional hand out fee due to instructor at class.

7 Sessions \$119  
Instructor: Yolanda Prinsloo  
339706 Potomac CC 9/24 M 5:30pm - 7:00pm

### RIGHT BRAIN DRAWING ADVANCED

Ages 12 and Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

7 Sessions \$119  
Instructor: Yolanda Prinsloo  
339708 Potomac CC 9/24 M 7:15pm - 8:45pm

### STONE SCULPTURE

Ages 16 and Up: Basic Instruction in the use of stone tools and the types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses or goggles to first class for hands on experience.

10 Sessions \$170  
Instructor: Annamya Ruppert  
339712 Ross Boddy CC 9/19 W 7:00pm - 9:00pm

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## 4 WAYS TO REGISTER!



Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



FAX

240-777-6818. Processed in a secure environment.



MAIL

Registrar, Montgomery County Recreation,  
4010 Randolph Road, Silver Spring, MD 20902



WALK-IN

While you wait! Registrations will be processed at the following location:

- Recreation Administration Building  
4010 Randolph Road, Silver Spring, MD 20902





## JEWELRY

### BEGINNING WIRE WORK

Ages 12 and Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with a handmade clasp. \$10 material fee due to instructor at class.

1 Session \$35  
Instructor: Donna Weeks  
338346 Bauer Drive CC 9/19 W 7:00pm - 9:00pm

### EARRINGS, EARRINGS, EARRINGS!

Age 12 and Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due to instructor at class.

1 Session \$35  
Instructor: Donna Weeks  
338348 Bauer Drive CC 10/3 W 7:00pm - 9:00pm



## JEWELRY BASICS

Ages 12 and Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. \$10 material fee due to instructor in class.

1 Session \$35  
Instructor: Donna Weeks  
338341 Bauer Drive CC 9/12 W 7:00pm - 9:00pm

## MORE ARTS AND CRAFTS

### BATH AND BEAUTY PRODUCTS

Ages 12 and Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session \$35  
Instructor: Donna Weeks  
338350 Bauer Drive CC 10/10 W 7:00pm - 9:00pm

## PHOTOGRAPHY

### DIGITAL PHOTOGRAPHY

Ages 17 and Up: Overview of the History of Photography, and Transition from Film to Digital format, using a Digital Camera, Phone Camera or 'Skype' Camera. How to Frame a subject, Focusing, Color and B/W Portraiture, natural and studio lighting, cropping, and saving photographs on a storage device, (ex. Flash Drive, Disk, or external Hard drive), and instructions on making the final Print.

8 Sessions \$180  
Instructor: TBA TBA  
339638 Bauer Drive CC 9/15 Sa 10:00am - 11:30pm



# Save a tree!

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- ✓ You can register 24/7 from home - no driving!
- ✓ RecWeb - online registration - easy & secure

### → We need your email address

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THE EMAIL ADDRESS YOU HAVE ON FILE WITH US\*

\*Hard copy receipts will be available, but by request only

*Make sure you have a current email address on file with us!*

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# POTTERY

## INTRODUCTION TO POTTERY

Ages 16 and Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$25 material fee due to instructor at class. Covers 25lbs of clay, glazes, slips and other consumables.

8 Sessions \$136  
Instructor: Pamela Reid  
338670 East County CC 9/19 W 6:30pm - 8:30pm

## HANDCRAFTED POTTERY BEGINNER/INTERMEDIATE

Ages 16 and Up: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 material fee due to instructor at class.

10 Sessions \$170  
Instructor: Pamela Reid  
339585 Wheaton CC 9/19 W 10:00am - 12:00pm

## HANDCRAFTED POTTERY

Ages 15 and Up: All levels: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$30 material fee due to the instructor at first class

8 Sessions \$199  
Instructor: Valerie Haber  
338635 Germantown CC 9/12 W 6:00pm - 9:00pm

## POTTERY AT SLIGO CREEK

Ages 17 and Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$28 material fee due to instructor at class. Monday class is taught by Dickerson; Tuesday and all Thursday classes are taught by Schreiber.

12 Sessions \$288  
Instructor: Angela Schreiber  
338628 Sligo Creek ES 9/11 Tu 7:00pm - 10:00pm  
338630 Sligo Creek ES 9/11 Tu 9:30am - 12:30pm  
338629 Sligo Creek ES 9/13 Th 9:30am - 12:30pm  
Instructor: Margaret Dickerson  
338631 Sligo Creek ES 9/10 M 7:00pm - 10:00pm

## POTTERY AT LAWTON

Ages 12 and Up: All levels: Pottery for Everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

9 Sessions \$157  
Instructor: Yolanda Prinsloo  
339705 Jane E. Lawton CC 9/13 Th 6:00pm - 8:30pm

## HANDCRAFTED POTTERY ALL LEVELS

Ages 16 and Up: All Levels: Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$25 material fee due to instructor at the first class.

10 Sessions \$170  
Instructor: Pamela Reid  
339575 Wheaton CC 9/20 Th 7:00pm - 9:00pm  
339576 White Oak CC 9/20 Th 1:00pm - 3:00pm  
339577 White Oak CC 9/20 Th 6:30pm - 8:30pm

## POTTERY OPEN STUDIO

Ages 16 and Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class.

10 Sessions \$220  
Instructor: Pamela Reid  
339581 Ross Boddy CC 9/18 Tu 10:00am - 2:00pm  
339582 Ross Boddy CC 9/18 Tu 6:00pm - 10:00pm

## FAMILY POTTERY WITH CREATE

Ages 6 and Up: Adult participant must register. This class is an artistic exploration for the family and adult participation is required. Dig in with both hands into the methods of clay construction; pinch, coil and slab. Students will create both sculpture and pottery and explore decorative techniques including glaze application, water-on-clay color, and other unusual finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Parents and children may work on projects together or independently. Younger students will need help and supervision from the parent. No wheel instruction. Registration fee includes adult participant and one child. There is a \$25 material fee per person due to instructor at the beginning of the first class.

8 Sessions \$219  
Instructor: Create Art Center  
339644 Create Arts Center 9/23 Su 5:30pm - 7:00pm

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# DANCE

## YOUTH

### BALLET

**Ages 5-8: Beginner:** This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

10 Sessions	\$90
Instructor: Grace Oleson	
338621 Potomac CC	9/11 Tu 4:30pm - 5:15pm
338623 Germantown CC	9/12 W 4:30pm - 5:15pm
338622 Wheaton CC	9/13 Th 4:30pm - 5:15pm

### BOLLYWOOD KIDS

**Ages 6-10:** Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions	\$89
Instructor: Kumud Mathur	
338330 Potomac CC	9/18 Tu 6:30pm - 7:15pm

### BREAKIN' & POPPIN'

**Ages 7-13:** The breakdancing and popping dance genres provide specialized hip hop moves necessary to give kids the chance to develop and learn style, power moves, and everything in between. This class is perfect for guys and girls who want to learn the popular dance moves in a class that focuses on kids feeling good, having fun, and developing a positive attitude! Comfortable clothing is the dress code for the class (i.e. sneakers, t-shirt, lightweight pants / shorts).

10 Sessions	\$90
Instructor: Vincent Subramaniam	
338354 Bauer Drive CC	9/10 M 5:30pm - 6:15pm

### COMPREHENSIVE CLASSICAL BALLET

**Ages 5-7:** Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls black short sleeve leotard, pink, footed tights and leather ballet slippers. Hair placed in a neat ballet bun. Boys black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

10 Sessions	\$90
Instructor: Kim Bell	
339562 Jane E. Lawton CC	9/15 Sa 10:15am - 11:00am

### COMPREHENSIVE CLASSICAL BALLET ADV. BEG

**Ages 7-9:** Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls black short sleeved leotard, pink footed tights, leather ballet slipper. Boys black sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

10 Sessions	\$90
Instructor: Kim Bell	
339565 Jane E. Lawton CC	9/15 Sa 11:00am - 11:45am

### HIP HOP FOR KIDS!

**Ages 6-8:** This is a high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

10 Sessions	\$90
Instructor: Vincent Subramaniam	
338356 Potomac CC	9/24 M 4:30pm - 5:15pm

### HIP HOP FOR KIDZ!

**Ages 9-12:** A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

10 Sessions	\$90
Instructor: Vincent Subramaniam	
338362 Potomac CC	9/24 M 5:30pm - 6:15pm

### PRE BALLET BY JAZZMATAZZ

**Grades K-1:** An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

10 Sessions	\$120
Instructor: Betsy Saunders	
338627 Long Branch CC	10/6 Sa 11:15am - 12:15pm

### TAP, BALLET & JAZZ INT

**Ages 6-15:** Intermediate: This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

10 Sessions	\$90
Instructor: Rowena DeLuca	
339637 Marilyn J. Praisner CC	9/15 Sa 12:00pm - 1:00pm

### TAP, BALLET & JAZZ BEGINNER

**Ages 4-6 and 7-14:** This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. A performance for family and friends will be on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions call Rowena DeLuca at 301-467-3535.

10 Sessions	\$90
Instructor: Rowena DeLuca	

### Ages 4-6

339635 Mid County CC	9/10 M 6:00pm - 7:00pm
339634 Marilyn J. Praisner CC	9/15 Sa 10:00am - 11:00am

### Ages 7-13

339636 Marilyn J. Praisner CC	9/15 Sa 11:00am - 12:00pm
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*"Ballet class is like  
Life Lessons 101.*

*You learn  
some of life's  
most important  
lessons  
here that you  
will carry  
with you forever."*

**Joanne H. Morscher,**  
Royal Youth Ballet Company



## BALLROOM

Instructors:

Joe Kim ..... 301-774-3126  
 Rebecca McKinney ..... 202-669-7723  
 Tony Seleme ..... 202-386-2060  
 Tom Woll ..... 703-591-3839

**Registration is per person.**

### BALLROOM I BEGINNERS (COUPLES)

Ages 16 and Up: Beginner: Learn the basics of ballroom dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included. Must have a partner registered in the class to attend.

10 Sessions ..... \$90  
 Instructor: Joe Kim  
 338303 Olney ES 9/14 F 7:30pm - 8:30pm  
 Instructor: Rebecca Phyllis McKinney  
 338302 Bethesda ES 9/10 M 7:00pm - 8:00pm  
 Instructor: Tom Woll/Anne Basso  
 338301 Mid County CC 9/19 W 6:15pm - 7:15pm  
 11 Session ..... \$99  
 Instructor: Tony Seleme  
 338300 Bauer Drive CC 9/10 M 7:15pm - 8:15pm  
 12 Sessions ..... \$108  
 Instructor: Tony Seleme  
 339599 White Oak CC 9/13 Th 7:15pm - 8:15pm

### BALLROOM II (COUPLES)

Ages 16 and Up: Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included. For further information please contact your instructor directly.

10 Sessions ..... \$90  
 Instructor: Joe Kim  
 338311 Olney ES 9/14 F 8:30pm - 9:30pm  
 Instructor: Rebecca Phyllis McKinney  
 338313 Bethesda ES 9/10 M 8:00pm - 9:00pm  
 Instructor: Tom Woll/Anne Basso  
 338310 Mid County CC 9/20 Th 6:45pm - 7:45pm  
 11 Session ..... \$99  
 Instructor: Tony Seleme  
 338312 Bauer Drive CC 9/10 M 8:15pm - 9:15pm  
 12 Sessions ..... \$108  
 Instructor: Tony Seleme  
 339601 White Oak CC 9/13 Th 8:15pm - 9:15pm

### BALLROOM III (COUPLES)

Ages 16 and Up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Each student must have a registered partner to participate in the class.

10 Sessions ..... \$90  
 Instructor: Tom Woll/Anne Basso  
 339618 Gwendolyn Coffield CC 9/18 Tu 7:45pm - 8:45pm

### BALLROOM IV (COUPLES)

Ages 16 and Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly. A registered partner is required for this class.

10 Sessions ..... \$90  
 Instructor: Tom Woll/Anne Basso  
 339616 Mid County CC 9/20 Th 7:45pm - 8:45pm

### BALLROOM VI PRACTICE & PARTY (COUPLES)

Age 17 and Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Students must have a registered partner to attend the class.

12 Sessions ..... \$168  
 Instructor: Tony Seleme  
 339614 Holiday Park SC 9/14 F 7:00pm - 10:00pm

### DANCE FOR THE SPECIAL OCCASION (SINGLES AND COUPLES)

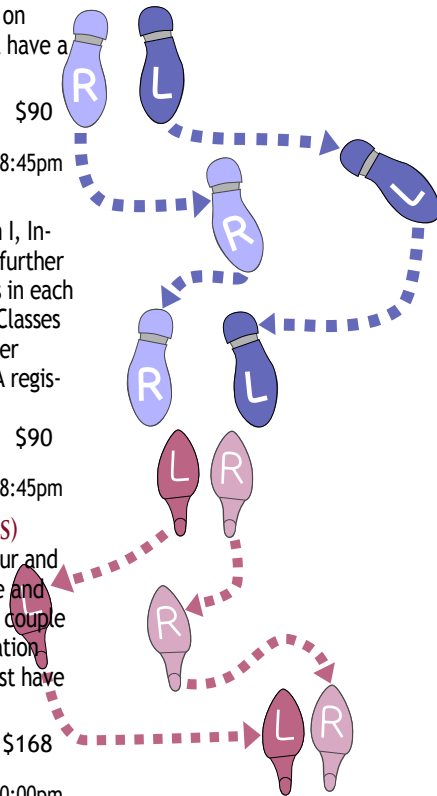
Ages 18 and Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions ..... \$72  
 Instructor: Herb Fredricksen  
 338294 Germantown CC 10/3 W 7:45pm - 8:45pm

### BALLROOM WALTZ (COUPLES)

Ages 16 and Up: Learn this classical slow dance that is the opening to all formal dance. This beautiful dance is the oldest and most graceful of the social dances. Registration fee is per person, must have a registered partner to participate.

10 Sessions ..... \$90  
 Instructor: Rebecca Phyllis McKinney  
 339605 Jane E. Lawton CC 9/13 Th 6:45pm - 7:45pm



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## BALLROOM WEDDING DANCES

Ages 18 and Up: Beginner: Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

10 Sessions \$90  
Instructor: Tom Woll/Tony Dunn  
339620 Potomac CC 9/24 M 7:00pm - 8:00pm

## DC HAND DANCING (SINGLES AND COUPLES)

Ages 18 and Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

10 Sessions \$90  
Instructor: Tom Woll/Tony Dunn  
339622 Potomac CC 9/19 W 7:00pm - 8:00pm

## SWING (COUPLES)

Ages 17 and Up: Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. For further information, please call the instructor Tony Selemey at 202-386-2060 for the Tuesday class or Rebecca McKinney at 202-669-7723 for the Thursday Registration fee is per person, students must have a registered partner to attend.

12 Sessions \$108  
Instructor: Tony Selemey  
339608 Holiday Park SC 9/11 Tu 7:15pm - 8:15pm

10 Sessions \$90  
Instructor: Rebecca Phyllis McKinney  
339607 Jane E. Lawton CC 9/13 Th 7:50pm - 8:50pm

# INTERNATIONAL

## FOLK BHANGRA/BOLLYWOOD

Ages 11 and Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions \$89  
Instructor: Kumud Mathur  
338332 Potomac CC 9/18 Tu 7:30pm - 8:30pm

## INTERNATIONAL FOLK DANCING

Ages 17 and Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net).

12 Sessions \$84  
Instructor: Phyllis Diamond  
338637 Jane E. Lawton CC 9/10 M 7:30pm - 9:45pm

8 Sessions \$56  
Instructor: Phyllis Diamond  
338638 Jane E. Lawton CC 10/15 M 7:30pm - 9:45pm

4 Sessions \$28  
Instructor: Phyllis Diamond  
338639 Jane E. Lawton CC 11/19 M 7:30pm - 9:45pm

# LATIN

## SALSA (COUPLES)

Ages 17 and Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners. For further information please call the instructor Tony Selemey at 202-386-2060

12 Sessions \$108  
Instructor: Tony Selemey  
339612 Holiday Park SC 9/11 Tu 8:15pm - 9:15pm

## SALSA (SINGLES & COUPLES)

Ages 17 and Up: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently. 10 Sessions \$90

Instructor: Tom Woll/Tony Dunn  
339624 Potomac CC 9/19 W 8:00pm - 9:00pm



## SALSA & MERENGUE BEGINNER (SINGLE & COUPLES)

Ages 17 and Up: Beginner. This class is popular worldwide. Class will include partner dance, solo free style, and practice to mini choreographed routine. Students will learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

10 Sessions \$90  
Instructor: Joe Kim  
338296 Barnsley, Lucy ES 9/12 W 7:30pm - 8:30pm

## SALSA & MERENGUE INTER/ADV (SINGLE & COUPLES)

Ages 17 and Up: Intermediate/Advanced: Prerequisite: Salsa beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently. For further information the instructor, Joe Kim may be reached on 301-774-3126. This class does not require a partner.

10 Sessions \$90  
Instructor: Joe Kim  
338298 Barnsley, Lucy ES 9/12 W 8:30pm - 9:30pm

## TANGO (COUPLES)

Age 17 and Up: Beginner/Intermediate. American and International Standard Tango. For further information the instructor, Rebecca McKinney may be reached at 202-669-7723.

10 Sessions \$90  
Instructor: Rebecca Phyllis McKinney  
339603 Bethesda ES 9/10 M 9:00pm - 10:00pm



## MORE DANCE

### CHICAGO STEPPIN

18 and Up: Steppin is an Urban African American form of Swing Dance that originated in Chicago. This partner dance has a leader and follower synchronizing their steps in a smooth, soulful and complementary manner. Emphasis is placed on dancing to the beat and rhythm of the music. No partner required. Materials fee of \$2 is due to the instructor at the first class.

5 Sessions \$38  
Instructor: Jeffery Brown  
338287 East County CC 9/12 W 7:30pm - 8:45pm  
338288 East County CC 10/24 W 7:30pm - 8:45pm  
10 Sessions \$75  
Instructor: Jeffery Brown  
338286 East County CC 9/12 W 7:30pm - 8:45pm

### SOUL LINE DANCE

Ages 16 and Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting.

8 Sessions \$60  
Instructor: Peytrienne McCormick  
339639 Wheaton CC 9/11 Tu 6:00pm - 7:00pm  
339640 East County CC 9/13 Th 6:30pm - 7:30pm

## TAP

### DANCE-TAP DANCE FOR ADULTS INTERMEDIATE

Ages 16 and Up. A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

12 Sessions \$108  
Instructor: Rowena DeLuca  
339633 Marilyn J. Praisner CC 9/14 F 12:30pm - 1:30pm

### TAP DANCE FOR ADULTS

Ages 16 and Up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6pm - 7pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm - 7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7pm - 8pm and will focus on intermediate steps and combination. Advance class will be held from 8pm - 9pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

10 Sessions \$90  
Instructor: Rowena DeLuca  
339628 Capital View-Hwd Park 9/12 W 6:00pm - 7:00pm  
339629 Capital View-Hwd Park 9/12 W 6:30pm - 7:30pm  
339630 Capital View-Hwd Park 9/12 W 7:00pm - 8:00pm  
339631 Capital View-Hwd Park 9/12 W 8:00pm - 9:00pm







"When's the Guide available?"

## Winter 2012/2013

November 2, 2012

Registration begins November 12, 2012

## Summer Camps 2013

January 11, 2013

Registration begins January 21, 2013

## Spring 2013

February 8, 2013

Registration begins February 18, 2013

## Summer 2013

May 3, 2013

Registration begins May 13, 2013

## Fall 2013

August 9, 2013

Registration begins August 19, 2013

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# MUSIC

## GUITAR

### GUITAR LEVEL I

Ages 9 and Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. Price includes instructional songbook. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$124
Instructor: Brian Gross	
339641 Potomac CC	9/18 Tu 6:00pm - 7:00pm
339642 Bauer Drive CC	9/19 W 7:00pm - 8:00pm

### GUITAR LEVEL II

Ages 9 and Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, an electronic tuner and pencil. New students with applicable experience/knowledge welcome. Price includes song materials. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$124
Instructor: Brian Gross	
339643 Bauer Drive CC	9/19 W 8:00pm - 9:00pm



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# PIANO

## EXPLORING MUSIC AND PIANO LEVEL IA

Ages 5-10: This is a progressive program for the older participant. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

9 Sessions \$225

Instructor: Music For Life

339625	Golden School of Music	9/10	M	5:15pm - 6:15pm
339626	Golden School of Music	9/13	Th	5:00pm - 6:00pm
339627	Golden School of Music	9/15	Sa	12:00pm - 1:00pm

## GROUP PIANO BEGINNER

Ages 18 and Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

10 Sessions \$150

Instructor: Elizabeth Duncan

338657	Holiday Park SC	9/11	Tu	10:15am - 11:05am
338658	Holiday Park SC	9/11	Tu	8:00pm - 8:50pm

## GROUP PIANO ADVANCED BEGINNER

Ages 18 and Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

10 Sessions \$150

Instructor: Jeffrey Binckes

338648	Holiday Park SC	9/10	M	10:15am - 11:05am
338651	Holiday Park SC	9/10	M	2:30pm - 3:20pm

Instructor: Elizabeth Duncan

338650	Holiday Park SC	9/11	Tu	12:15pm - 1:05pm
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## GROUP PIANO INTERMEDIATE

Ages 18 and Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

10 Sessions \$150

Instructor: Jeffrey Binckes

338644	Holiday Park SC	9/10	M	7:00pm - 7:50pm
338647	Holiday Park SC	9/10	M	11:15am - 12:05pm
339797	Holiday Park SC	9/10	M	12:30pm - 1:20pm

Instructor: Elizabeth Duncan

338645	Holiday Park SC	9/11	Tu	11:15am - 12:05pm
338646	Holiday Park SC	9/11	Tu	7:00pm - 7:50pm

## GROUP PIANO ADVANCED

Ages 18 and Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

10 Sessions \$150

Instructor: Jeffrey Binckes

338652	Holiday Park SC	9/10	M	1:30pm - 2:20pm
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## GROUP PIANO POPULAR FAVORITES

Ages 18 and Up: A fun and exciting approach to music and piano! No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Where ever you fit, come and make music in a relaxed and enjoyable environment. Students should have a piano or keyboard available to them for practice.

10 Sessions \$150

Instructor: Elizabeth Duncan

338666	Holiday Park SC	9/11	Tu	2:15pm - 3:05pm
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If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used. Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902. To learn more about FOR, call 240-777-4920 or check our webpage at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).





# COOKING

## COOKING SKILLS

### BASIC COOKING SKILLS

Ages 15 and Up: Your next best comfort step in the kitchen with some basic knife skills along with techniques to ease your time in the kitchen and great food to go with it. First, you will prepare a delightful new Southwest Empanada appetizer with spiced beef and pork and served with home made Salsa, then an entree of Old Fashioned Chicken Fried Steak with Cream Gravy accompanied by Twice Baked Stuffed Potatoes. To top it off an Apple Blackberry Cobbler. Basic Cooking Skills is designed to make you more comfortable in the kitchen and better equipped to use the tools that you will use every day that you cook. We eat what we fix so bring an appetite. Take home recipes. \$15 food fee due instructor at class time.

1 Session \$65  
Instructor: James Davis  
339370 Ross Boddy CC 10/27 Sa 10:30am - 2:30pm

### KNIFE SKILLS

Ages 18 and Up: The Cutting Edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due Instructor at class time.

1 Session \$65  
Instructor: James Davis  
339372 Ross Boddy CC 11/17 Sa 10:30am - 2:30pm

### ADVANCED COOKING SKILLS FALL

Ages 15 and Up: One more step in the series of How-To in the kitchen. This one will continue to work on your knife skills with more knife time at the cutting board and more techniques to help you improve your skills in the kitchen. The menu is planned to use your improved skills and will be more advanced than the other Cooking Skills classes. We'll be preparing Fried Fish Fingers with a Homemade New Orleans style Remoulade Sauce for our appetizer and then Beef Wellingtons with mushroom duxell and pate wrapped up with Beef Tenderloin in a Puff Pastry Crust and baked in the oven until golden brown. Served with a Red Wine Shallot Sauce and Chipotle Potato Risotto and fresh Asparagus. This is a menu that you won't want to miss. Remember, in this class we eat what we fix so bring an appetite. Take home recipes. \$20 food fee due Instructor at class time.

1 Session \$65  
Instructor: James Davis  
339373 Ross Boddy CC 12/1 Sa 10:30am - 2:30pm

## GENERAL COOKING

### GLORIOUS GREENS

Ages 15 and Up: We know we should incorporate more greens into our daily lives, but doing so sometimes seems like too much trouble. This class will show you that leafy greens and vegetables are easy and fun to add to your diet, and they taste great. We'll explore seasonal vegetables such as kale & spinach with a quick and delicious saute. Also discover the wonder of main-dish salads, and how simple it is to create an entire healthy dinner with a few fresh ingredients. You will design your own creations and learn the endless possibilities of this fresh and healthy menu options. You will prepare 3 homemade salad dressings, so your greens will never get boring. We will eat what we prepare. A \$15 food fee is due to the instructor at class time.

1 Session \$50  
Instructor: Sherry Vatis  
339080 White Oak CC 9/20 Th 6:30pm - 8:30pm

### A COOKING CLASS REPEAT

Ages 15 and Up: A little more than ten years ago I had the opportunity of working with a great guest chef in the DC area. She was from the Philadelphia area and is a well known cookbook author, cooking magazine editor (former Executive Editor of Cooks Illustrated) and is a frequent guest on television cooking shows. Her name is Pam Anderson. These were brand new recipes from Pam's newest book that had just come out, 'CookSmart.' In this class we are going to prepare Pork Ribs in the oven and guaranteed best onion rings you ever tasted. And that doesn't even begin to describe the wonderful Gazpacho and Caesar Salad with Garlic Croutons. Great food, fun class, wonderful day to cook! This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$15 food fee due instructor at class time.

1 Session \$65  
Instructor: James Davis  
339366 Ross Boddy CC 9/29 Sa 10:30am - 2:30pm

### A LOWER FAT AND MORE FLAVOR DINNER PARTY

Ages 15 and Up: 'The secrets of light and bright cooking are 'oh so easy and tasty!'. You will prepare a wonderful light dinner that includes Lower Fat Seafood Nachos, a Healthy Greek Salad and a Greek Roast Chicken Main Dish with Potatoes and the freshest vegetables we can find. We'll finish up with a wonderful lower calorie dessert. This marvelous lower fat and calorie dinner is built from recipes that I have collected and worked with over the last several years. We will prepare a full dinner meal as part of the lower fat and more flavor experience, so come with an appetite. Take home recipes are provided. \$15 food fee due instructor at class time.

1 Session \$65  
Instructor: James Davis  
339367 Ross Boddy CC 10/9 Tu 6:30pm - 9:30pm

## FRENCH COOKING SKILLS

Ages 15 & up: Using traditional French techniques, you will learn how to prepare a wonderful meal with proven recipes from French homes, restaurants and cooking schools. We start with a fresh Corn Soup with Red Peppers and Chives (what a great first course!). We follow that with Crab Ravioli's in a wonderful, smooth Shallot Sauce accompanied by fresh roasted asparagus. Apple Galette with fresh whipped cream to complete this menu. This is a great French menu with marvelous techniques that you can use at home on a regular basis. Just follow our example and you can repeat this recipe and apply the techniques learned to other recipes as well. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$65  
Instructor: James Davis  
339369 Ross Boddy CC 10/13 Sa 10:30am - 2:30pm

## FAMILY CHEFS

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts & fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$32 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

4 Sessions \$52  
Instructor: Abigail Dion  
339112 Potomac CC 10/15 M 4:15pm - 5:15pm

## AT LAST: A REAL PRESSURE COOKER CLASS!

Ages 15 and Up: We are finally able to offer a class on the use of Pressure Cookers, one of the most significant and beneficial tools in the kitchen! Wait till you see how the newest style and latest design Pressure Cookers can literally change your life in the kitchen. Want to do short ribs for dinner and it's four in the afternoon, not a problem; on the table with gravy and potatoes by five. This wonderful kitchen appliance is not like your grandma's pressure cooker. The new designs make this one of the safest implements you can use in the kitchen. Couple it with an induction burner and you have a real combo. In this class we are going to do what we talk about. Senate Bean Soup from dry beans as a first course. Beef Short Ribs in Ancho Chili Sauce for an entree and a side dish of fresh root vegetables and a dessert to boot. Take home recipes and generic pressure cooker instructions are provided. \$15 food fee due instructor at class time.

1 Session \$65  
Instructor: James Davis  
339376 Ross Boddy CC 10/20 Sa 10:30am - 2:30pm

## WARM AUTUMN SOUPS

Ages 15 and Up: Fall is the time for warming foods, and hearty, seasonal soups are a delicious must-have. Soups are fun to make and easier than you think. With a few simple ingredients, you will have a filling dinner in no time! We'll prepare 3 hearty soups that you'll add to your repertoire and use all the time. Utilizing fresh beans and vegetables, we'll prepare a thick & rich Minestrone soup. Next, the nutty flavor of Cream of Mushroom soup with the white wine will warm you from inside. Last, we'll make a Butternut Squash soup that's perfect for those chilly Autumn nights. Pair each of these with a salad and a chunk of crusty bread, and you have got a great meal. We will eat what we prepare. A \$15 food fee is due to the instructor at the start of class.

1 Session \$50  
Instructor: Sherry Vatis  
339081 White Oak CC 10/25 Th 6:30pm - 8:30pm



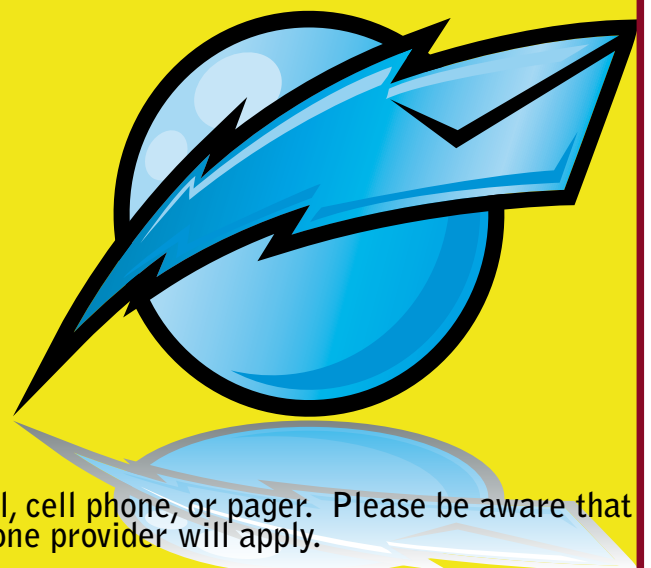
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### INTERMEDIATE COOKING

**Ages 15 and Up:** Your next best comfort step up in the kitchen with more knife skills along with more techniques to improve your kitchen skills, and great food to go with it. First, you will prepare a delightful new appetizer recipe of Pork Stuffed Fried Won Tons with a spicy sweet dipping sauce, then an entree of Beef Stroganoff with Home Made Noodles and the freshest green vegetables we can find in the market. Dessert will be your own home made Banana Cream Pie with Home Made Graham Cracker Crust. Basic Cooking Skills is not a pre-requisite, but this class is a step up from that level. We eat what we fix so bring an appetite. Take home recipes are provided. A \$15 food fee is due to the instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 339371 Ross Boddy CC 11/10 Sa 10:30am - 2:30pm

### MIX & MATCH HEALTHY MEALS

**Ages 15 and Up:** Preparing healthy weeknight meals can seem overwhelming, so we end up getting carry-out more than we should. In this class you will learn that it is much easier than you think, and so much better for you. Using fresh, seasonal ingredients we will prepare 3 meals that you can mix and match to create endless possibilities. Menu #1 is a Salmon En Papillote (baked in parchment), brown rice pilaf, and wilted leafy greens. Menu #2 Lemon Chicken, quinoa, & roasted winter vegetables, and menu 3 is Whole Wheat Pasta Primavera. Come hungry as we will eat what we prepare. A \$15 food fee is due to the instructor at the start of class.

1 Session \$50  
 Instructor: Sherry Vatis  
 339101 White Oak CC 11/15 Th 6:30pm - 8:30pm

### HOLIDAY BAKING

The Holiday Season is when everyone seems to want to bake something. Join me for this fun class chock full of Holiday cookies and treats. We'll prepare homemade chocolate fudge, peanut butter fudge, decorated spritz cookies, macaroons, & of course, gingerbread spice cookie. We will sample all the sweets, but bring a cookie tin to carry your extra treats. A \$15 food fee is due to the instructor at class.

1 Session \$50  
 Instructor: Sherry Vatis  
 339102 White Oak CC 12/6 Th 6:30pm - 7:30pm

### LAST MINUTE HOLIDAY GIFTS FROM THE KITCHEN

**Ages 15 and Up:** This will be a fun class because we get to take home all that we make. We are going to prepare some unusual treats that you can package, wrap and present to friends and family alike. First, we will make a great treat of real Scotch recipe Shortbread Cookies that will make an excellent gift for that special friend or teacher. Then we will make up at least one and maybe even two, Soups in a Jar, an attractively wrapped jar containing all the ingredients to make a pot of fresh home made soup. This is a real treat for the kids to give to the parents of their best friends and to their teachers, and best of all, the kids can help you make them and share in all the fun of the Holiday Season. We will repeat a recipe and make Mamie Eisenhower's Own Special Million Dollar Fudge along with spiced nuts, and a bar cookie that will make this class an extra special treat for all. We'll include some wrapping and packaging ideas as well. Snacks will be served. Take home recipes and instructions will be provided. A \$20 food and materials fee due to the instructor at class time.

1 Session \$50  
 Instructor: James Davis  
 339374 Ross Boddy CC 12/11 Tu 6:30pm - 9:30pm

### SECRETS OF COOKING THAI DISHES AT HOME

**Ages 15 and Up** We are using all new, never before done, recipes in this class. We'll start with a wonderful appetizer of Won Tons served in a Peanut Sauce then continue on with a brand new (for us) method of making Shrimp Spring Rolls served with a sweet chili dipping sauce. Fresh Home Made Thai Chicken Curry served with Rice and garnished with Peanuts and Cilantro will be the main feature of lunch and then we'll finish up with homemade almond cookies. For those who enjoy Thai food, this is the class for you. Original, real recipes and easy to understand instructions; we make it so easy for you to duplicate your experiences in class in your home kitchen. Family and friends will like your new cooking style so much they will want to pay you to take more classes! Remember, in this class we eat what we fix so bring an appetite. Take home recipes. A \$15 food fee due to the instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 339375 Ross Boddy CC 12/15 Sa 10:30am - 2:30pm

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## WINE AND DINE

### OKTOBERFEST

**Ages 21 and Up:** In this class we are going to match beer with dishes that will be prepared in class. We will cook for the first hour and a half, then clean up and serve the foods we have prepared, each with three different matching beers to taste with a total of nine beers tasted over the course of the evening. First we are going to prepare a German Style Baked Ham and Swiss Cheese Party Sandwich with a German Mustard Topping; followed by, a German staple dish, Rouladen with Spaetzle and Gravy; we'll also be doing Jagerschnitzel (breaded and fried pork with a sauce and noodles). We'll have plenty of beer and plenty of food, so of course this is a class that you want to sign up for as soon as possible. We do not offer a beer class every year, but this is the year of the beer, so join us for a great evening out of fun, food and good beer. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$50  
Instructor: James Davis  
339362 Ross Boddy CC 10/5 F 7:00pm -10:00pm

### SPANISH TAPAS AND WINES

**Ages 21 and Up:** Our menu will include Croquettes de Jamon (Ham Fritters), Calamares Fritos (Fried Squid Rings), Spanish Omelet and several more Tapas styled dishes. This will be a great evening out with lots of good food, good fun and good wine! Sign up now and plan on joining us for this unique and different class. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$55  
Instructor: James Davis  
339363 Ross Boddy CC 11/2 F 7:00pm -10:00pm

### HOLIDAY PARTY WINES AND SPARKLERS!

**Age 21 and Up:** We will prepare three different entrees and match them with nine different wines. Included in our selection this month we'll have at least one dessert port wine and a minimum of three sparklers including one or more French Champagne, covering a range of tastes and prices that will be sure to fit your holiday party budget. Appetizers and hors d'oeuvres will dominate the food selection for the evening and will include at least Mini Mushroom Tarts, Spiced Cheese Ham Bites, Carnitas Quesadilla's, Asian Shrimp Bruschetta and some other goodies to match the wines we will have selected including a dessert and possibly a selection of chocolates. This class features take home recipes as well as plenty to eat! So bring an appetite and join us for a great Holiday Festival Party.

1 Session \$50  
Instructor: James Davis  
339365 Ross Boddy CC 12/7 F 7:00pm -10:00pm

## FITNESS AND WELLNESS

### AEROBIC DANCE

#### BALLET EXERCISE

**Ages 16 and Up:** A unique class to classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises, and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: former professional dancer, ACE certified owner of Fitness Care LLC and 35+ year experience. Questions: Call 301 942-5168.

12 Sessions \$96  
Instructor: Esther Brunner  
336533 Luxmanor ES 9/4 Tu 7:15pm - 8:15pm

#### DANCE & FITNESS

**Ages 16 and Up:** (13-15 if accompanied by a parent/guardian). Complete cardiovascular aerobic workout for all those who love music and movement - women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions email at [dancenfitness@verizon.net](mailto:dancenfitness@verizon.net)

24 Sessions \$168  
Instructor: Jinjer Azuree  
336529 Jane E. Lawton CC 9/10 M, W 6:00pm - 7:00pm  
Instructor: Elaine Waldstreicher  
336530 Mid County CC 9/10 M, W 7:30pm - 8:30pm  
Instructor: Lois Antos  
336525 Veirs Mill Park 9/11 Tu,Th 9:30am -10:30am  
Instructor: Alice Donnelly  
336527 Potomac CC 9/11 Tu,Th 6:00pm - 7:00pm  
Instructor: Katy Weimers  
336528 Rock View ES 9/11 Tu,Th 7:00pm - 8:00pm  
Instructor: Wenday Eckenrode/Roz Hom  
336526 Bauer Drive CC 9/11 Tu,Th 4:30pm - 5:30pm

#### DANCE & FITNESS ADD A CLASS

**Ages 16 and Up:** Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday -Thursday or Saturday during our regular classes and keep dancing at a different location! Questions contact [dancenfitness@verizon.net](mailto:dancenfitness@verizon.net)

12 Sessions \$84  
Instructor: Kathy Weimers  
336531 Veirs Mill Park 9/15 Sa 9:00am -10:00am  
336532 See Classes Above See Classes Above







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### JACKI SORENSEN'S AEROBIC DANCE

Ages 16 and Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions call Karin at: 240-207-3091

13 Sessions	\$91
Instructor: Karin Baker	
336842 Potomac CC	9/11 Tu 9:00am -10:00am
336843 Potomac CC	9/13 Th 9:00am -10:00am

### JACKI SORENSEN'S STRONG STEP

Ages 16 and Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability at (240) 207-3091.

13 Sessions	\$91
Instructor: Karin Baker	
340416 Potomac CC	9/14 F 9:00am -10:00am

### NEW ZUMBA FITNESS

Ages 16 and Up: (13-15 if accompanied by parent or guardian). This class is a Latin based workout that has lots of different mixes of moves and music. Your body will be twisting and shaking off the unwanted pounds along with a great cardio workout. The music consists of show tunes, swing, reggae tone, meringue, soca, salsa and a little of old school. The instructor brings 29 years of energetic, fun aerobics experience to the class. For more information or questions please email Cheryl at: chicks@mindspring.com

6 Sessions	\$60
Instructor: Step-n-Sweat Fitness	
336604 White Oak CC	9/10 M 6:30pm - 7:30pm
336093 White Oak CC	9/11 Tu 6:30pm - 7:30pm
339768 Ross Boddy CC	9/11 Tu 6:30pm - 7:30pm
336607 White Oak CC	9/12 W 6:30pm - 7:30pm
336096 White Oak CC	9/13 Th 6:30pm - 7:30pm
336942 Jane E. Lawton CC	9/15 Sa 10:00am -11:00am
336094 White Oak CC	10/30 Tu 6:30pm - 7:30pm
339769 Ross Boddy CC	10/30 Tu 6:30pm - 7:30pm
336097 White Oak CC	11/1 Th 6:30pm - 7:30pm
336943 Jane E. Lawton CC	11/3 Sa 10:00am -11:00am
336605 White Oak CC	11/5 M 6:30pm - 7:30pm
336608 White Oak CC	11/7 W 6:30pm - 7:30pm

### ZUMBA FITNESS WITH DEFINITION

Ages 16 and Up: Zumba is a dance-like type of fitness that gets your whole body moving, is fun, and burns calories! It mixes Latin and International rhythms, music, and steps to get energy levels pumping. It is cardiovascular aerobic exercise that is sure to give you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions please contact Juliet Rodman at (301) 229-7555 or Juliet@wellnesscorporatesolutions.com

26 Sessions	\$182
Instructor: Juliet Rodman	
336861 Clara Barton CC	9/7 F, M 9:15am -10:15am

### ZUMBA

Ages 16 and Up: (13-15yrs if accompanied by parent or guardian). Beginner/Intermediate: Fitness combines mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at myzumba.n.u@gmail.com

10 Sessions	\$100
Instructor: Halo Dance Studio	
336028 Halo Dance Studio	9/11 Tu 10:00am -11:00am
336029 Halo Dance Studio	9/13 Th 10:00am -11:00am
335978 Bauer Drive CC	9/15 Sa 9:15am -10:15am
335982 Potomac CC	9/15 Sa 9:30am -10:30am
335977 Wisconsin Place CC	9/18 Tu 6:00pm - 7:00pm
335980 Germantown CC	9/18 Tu 7:15pm - 8:15pm
335981 Germantown CC	9/20 Th 7:15pm - 8:15pm
338137 Upper County CC	9/19 W 6:30pm - 7:30pm
335979 Wisconsin Place CC	9/20 Th 6:00pm - 7:00pm
335975 Marilyn J. Praisner CC	9/24 M 6:00pm - 7:00pm
338136 Upper County CC	9/24 M 6:30pm - 7:30pm

### ZUMBA WITH ZUKOSSA FITNESS

Ages 13 and Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more information contact Janet Awokoya at: zumbawithjanet@gmail.com

6 Sessions	\$60
Instructor: Zukossa Fitness Team	
336854 Schweinhaut SC	9/10 M 7:30pm - 8:30pm
336855 Schweinhaut SC	9/12 W 7:30pm - 8:30pm
336857 Schweinhaut SC	10/29 M 7:30pm - 8:30pm
336858 Schweinhaut SC	11/7 W 7:30pm - 8:30pm



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## AEROBIC EXERCISE

### BETTER BODIES BY JERRY

Adults: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones - all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool-down. For questions please contact [GettingFitwithJerry@comcast.net](mailto:GettingFitwithJerry@comcast.net).

10 Sessions

\$70

Instructor: Jerry Palazzo

336635 Churchill, Winston HS 9/11 Tu 5:45pm - 6:45pm

336636 Churchill, Winston HS 9/13 Th 5:45pm - 6:45pm

### DYNAEROBICS

Ages 16 and Up: (Ages 13-15 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

24 Sessions

\$168

Instructor: Lee Berry

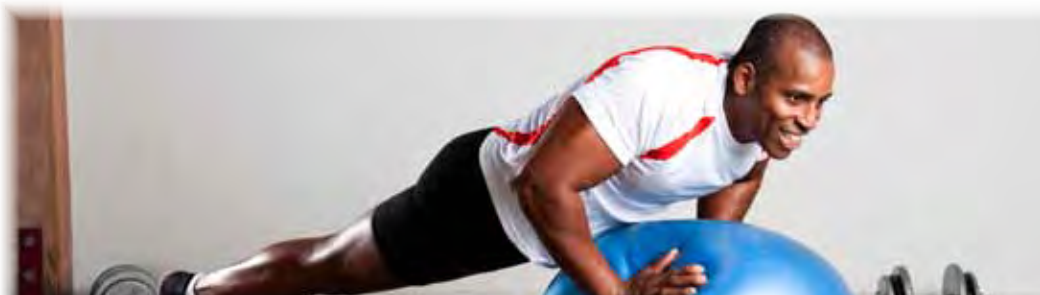
336535 Wyngate ES 9/10 M, W 6:00pm - 7:00pm

Instructor: Nancy Dameron

336536 Cloverly ES 9/10 M, W 6:30pm - 7:30pm

Instructor: Gail Oring

336537 Bauer Drive CC 9/11 Tu,Th 6:00pm - 7:00pm



## ACT THE WORKOUT

Ages 16 and Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Program is designed to allow self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. Register Anytime! Enjoy workouts at locations and times convenient to your schedule. Take your receipt to any class location below to pick up your session pass from the instructor. Your pass is valid for 3 months from the first class attended at any ACT location.

Class Locations	Days	Times
Wheaton CC	M, Tu,W,Th	6:00-7:00pm
Bauer CC	M, W	5:00-6:00pm
Marilyn J. Praisner CC	M,W	7:00-8:00pm
Wayside ES	M,W	7:00-8:00pm
Potomac CC	T,Th	7:00-8:00pm
Wheaton CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

### ACT THE WORKOUT 36 PASS

\$189

337362	Wayside ES	9/9	Su	9:30am -10:30am
337361	Wheaton CC	9/15	Sa	9:00am -10:00am
337355	Wheaton CC	9/10	M, W	6:00pm - 7:00pm
337357	Bauer Drive CC	9/10	M, W	5:00pm - 6:00pm
337358	Marilyn J. Praisner CC	9/10	M, W	7:00pm - 8:00pm
337356	Wheaton CC	9/11	Tu,Th	6:00pm - 7:00pm
337360	Potomac CC	9/4	Tu,Th	7:00pm - 8:00pm

### ACT THE WORKOUT 24 PASS

\$132

337354	Wayside ES	9/9	Su	9:30am -10:30am
337350	Wheaton CC	9/15	Sa	9:00am -10:00am
337351	Bauer Drive CC	9/5	W, M	5:00pm - 6:00pm
337348	Wheaton CC	9/10	M, W	6:00pm - 7:00pm
337352	Marilyn J. Praisner CC	9/5	W, M	7:00pm - 8:00pm
337349	Wheaton CC	9/11	Tu,Th	6:00pm - 7:00pm
337353	Potomac CC	9/4	Tu,Th	7:00pm - 8:00pm

### ACT THE WORKOUT 18 PASS

\$104

337340	Wheaton CC	9/15	Sa	9:00am -10:00am
337345	Wayside ES	9/9	Su	9:30am -10:30am
337338	Wheaton CC	9/10	M, W	6:00pm - 7:00pm
337343	Bauer Drive CC	9/5	W, M	5:00pm - 6:00pm
337339	Wheaton CC	9/11	Tu,Th	6:00pm - 8:00pm
337346	Potomac CC	9/4	Tu,Th	7:00pm - 8:00pm
337341	Marilyn J. Praisner CC	9/5	W, M	7:00pm - 8:00pm
337342	Marilyn J. Praisner CC	9/5	W, M	7:00pm - 8:00pm

### ACT THE WORKOUT 12 PASS

\$72

337242	Wheaton CC	9/15	Sa	9:00am -10:00am
337247	Wayside ES	9/9	Su	9:30am -10:30am
337240	Wheaton CC	9/10	M, W	6:00pm - 7:00pm
337243	Bauer Drive CC	9/5	W, M	5:00pm - 6:00pm
337241	Wheaton CC	9/11	Tu,Th	6:00pm - 7:00pm
337244	Marilyn J. Praisner CC	9/5	W, M	7:00pm - 8:00pm
337246	Potomac CC	9/4	Tu,Th	7:00pm - 8:00pm





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### **NEW DYNAEROBICS AND BODY SCULPTING**

**Ages 16 and Up:** (Ages 13-15 if accompanied by a parent/guardian). A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30min of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

12 Sessions \$96  
Instructor: Regina Gaither  
337727 Bauer Drive CC 9/15 Sa 10:00am -11:15am

### **JAZZMATAZZ LOW IMPACT AEROBICS**

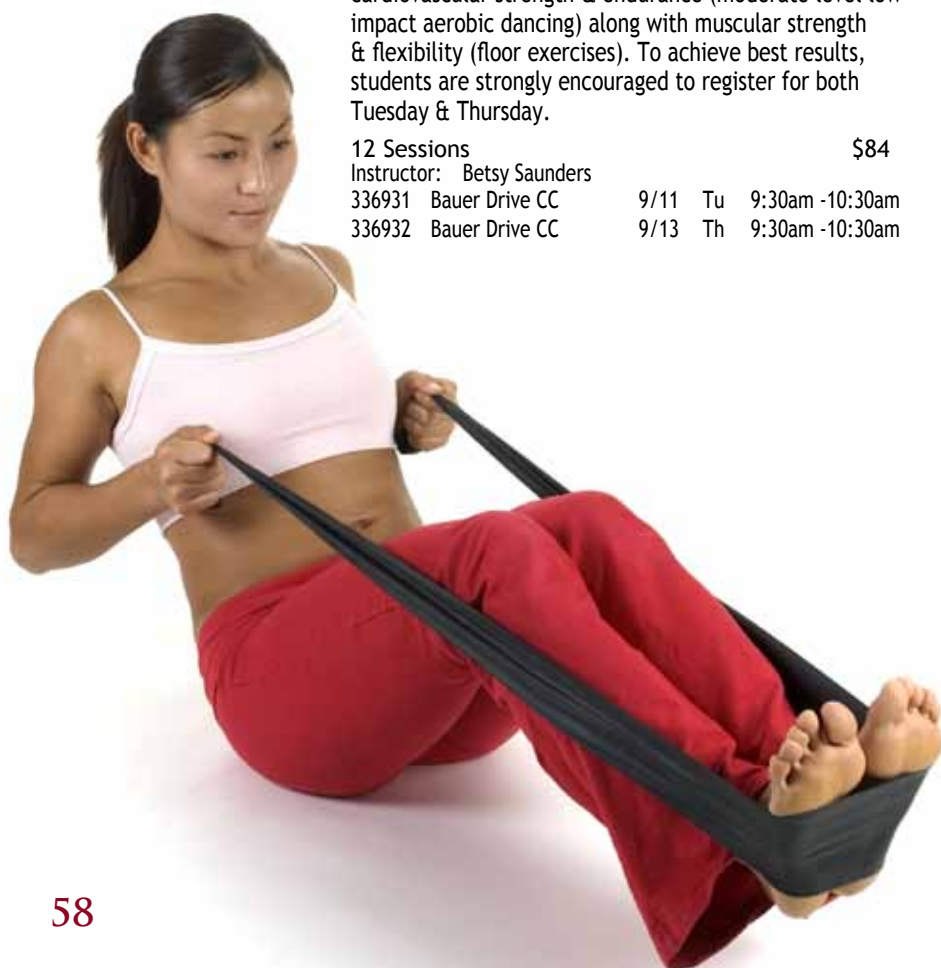
**Ages 16 and Up:** A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

13 Sessions \$91  
Instructor: Betsy Saunders  
336924 Wheaton CC 9/11 Tu 7:15pm - 8:15pm  
336925 Wheaton CC 9/13 Th 7:15pm - 8:15pm

### **JAZZMATAZZ AEROBICS LIGHT**

**Ages 16 and Up:** Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

12 Sessions \$84  
Instructor: Betsy Saunders  
336931 Bauer Drive CC 9/11 Tu 9:30am -10:30am  
336932 Bauer Drive CC 9/13 Th 9:30am -10:30am



### **KELLEY'S COMPLETE FITNESS WORKOUT**

**Ages 13 and Up:** A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pam at: 301-774-6342

11 Session \$92  
Instructor: Pamela Kelley  
335989 Wheaton CC 9/10 M 9:15am -10:30am  
335993 Longwood CC 9/10 M 7:15pm - 8:30pm  
335991 Bauer Drive CC 9/12 W 9:10am -10:25am  
335992 Longwood CC 9/12 W 7:15pm - 8:30pm  
12 Sessions \$100  
Instructor: Pamela Kelley  
335990 Wheaton CC 9/13 Th 9:15am -10:30am

### **NEW KELLEY'S LIGHT WORKOUT**

**Ages 18 and Up:** Are you too fit for chair exercise classes, but regular fitness classes are too strenuous? Are you just getting back into exercise after an injury or an illness? Then this 45 minute co-ed class is for you!! Each class contains a warm up section, exercises to maintain/improve balance, a core strengthening and muscle toning segment, and range of motion exercises to maintain/improve flexibility. Emphasis is placed on proper form and correct execution of every exercise. The instructor has a B.S. degree in Physical Education and over 20 years of experience. Please bring a mat and light hand weights (optional). Questions? Please contact Pam Kelley 301-774-6342

12 Sessions \$72  
Instructor: Pamela Kelley  
335994 Wheaton CC 9/11 Tu 9:15am -10:00am

### **MOVIN' WITH MILLIE: AEROBICS & EXERCISE**

**Ages 16 and Up:** Set to positive, upbeat music, this class is a unique exercise experience. Beginning with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals, the program provides flexibility, endurance, and strength training. Please bring mat, dynaband, and hand weights to class. Questions call Millie at: 301-588-3577 or email at: mtrimble3@juno.com

12 Sessions \$92  
Instructor: Mildred Norwood Trimble  
337227 Pilgrim Hills Park 9/19 W 9:30am -10:45am  
337228 Pilgrim Hills Park 9/21 F 9:30am -10:45am

## MEDITATION

### MEDITATION PRACTICE

**Ages 18 and Up:** For those who want to establish a regular non-denominational meditation practice. In each session, we will practice different forms of guided meditation, with short periods of silence woven through and time for reflection afterwards. Meditation techniques will include awareness of thoughts, breath, body, and words or mantras. Some meditation experience is helpful, but not required. Come join us to practice meditation in this peaceful environment. For further information please contact instructor at [joy@seeking-peace.com](mailto:joy@seeking-peace.com).

6 Sessions \$54  
Instructor: Joy Rains  
336625 Davis Com Library 9/20 Th 7:00pm - 8:00pm

### MEDITATION AND QIGONG FOR HEALTH

**Ages 16 and Up:** (Children ages 13-15 permitted with parent or guardian who also takes the class). Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. Class taught by TCCII Instructors. For more information contact TCCII at [info@tccii.com](mailto:info@tccii.com).

10 Sessions \$120  
Instructor: Traditional Chinese Culture Institute  
335987 Wisconsin Place CC 9/11 Tu 7:30pm - 8:30pm  
335988 White Oak CC 9/13 Th 7:30pm - 8:30pm



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## MORE FITNESS & WELLNESS

### LAUGHTER FITNESS

**Ages 13 and Up:** As we know, laughter is the best medicine, this workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

8 Sessions \$65  
Instructor: Kumud Mathur  
336578 Potomac CC 9/18 Tu 11:15am - 12:00pm

### THE ULTIMATE BOXING BOOT CAMP FOR YOUTH AND ADULTS

**Youth Ages 10-15 and Adult Ages 16 and Up:** Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Questions call Larry Johnson at: 301-681-3344 or 240-424-1306 or email at [Johnson-L@hotmail.com](mailto:Johnson-L@hotmail.com)

8 Sessions \$83  
Instructor: Larry Johnson  
337234 Bethesda-CC HS 9/10 M 5:45pm - 7:00pm  
337229 Upper County CC 9/11 Tu 5:45pm - 7:00pm  
337230 Wheaton CC 9/12 W 5:45pm - 7:00pm  
337231 Mid County CC 9/13 Th 5:45pm - 7:00pm  
337232 Kingsview MS 9/14 F 5:45pm - 7:00pm  
337233 Marilyn J. Praisner CC 9/15 Sa 11:15am - 12:30pm

### THE DYNAMIC AB CHALLENGE FOR YOUTH AND ADULTS

**Youth ages 6-15 and Adult ages 16 and Up:** Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximize athletic skills, combining agility, coordination, timing, and endurance. Both focus on fat burning and calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 301-681-3344 or 240-424-1306 or email at [Johnson-L@hotmail.com](mailto:Johnson-L@hotmail.com)

8 Sessions \$50  
Instructor: Larry Johnson  
337238 Bethesda-CC HS 9/10 M 7:00pm - 7:45pm  
337235 Upper County CC 9/11 Tu 7:00pm - 7:45pm  
337236 Mid County CC 9/13 Th 7:00pm - 7:45pm  
337239 Kingsview MS 9/14 F 7:00pm - 7:45pm  
337237 Marilyn J. Praisner CC 9/15 Sa 12:30pm - 1:15pm







# RECWEB

**ONLINE REGISTRATION ...  
ANYTIME! ANYWHERE!**

- CHECK PROGRAM AVAILABILITY
- REGISTER FOR PROGRAMS AND MEMBERSHIPS
- PAY YOUR ACCOUNT BALANCE USING YOUR VISA OR MASTERCARD



## **NEW** HEALTHY BACK EXERCISES

Ages: 16 and Up: (from the very sedentary to the athletic). Have you ever suffered from low back pain? Would you like to prevent future injuries and live with a HEALTHIER BACK? Dr. Sheila Amon, a chiropractor practicing for 25 years in Montgomery County, has returned to teach a low back and core exercise class. She will teach and supervise proper core strengthening and low back stretching exercises. Most of the exercises are on the floor so bring a mat or towel. Any questions, please contact Dr. Amon at amonfam1@verizon.net.

6 Sessions	\$100
Instructor: Sheila Amon	
336899 Longwood CC	9/11 Tu 7:30pm - 8:30pm
336898 Bauer Drive CC	9/20 Th 5:30pm - 6:30pm

## HOOPFIT! LEVEL I & II

Ages 16 and Up: (13-15 if accompanied by a parent/guardian): It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat.. For more information, email hoopflair@hulalafit.com or visit www.hulalafit.com.

8 Sessions	\$64
Instructor: Jeanne M. Lieder	
336624 Bauer Drive CC	9/13 Th 7:15pm - 8:15pm

## PILOXING

Ages 16 and Up: (13-15 if accompanied by a parent/guardian): Piloxing is the first program that blends the sculpting and flexibility of Pilates, the power, speed and agility of boxing, and fun cardio dance into high-energy interval workout. Effective movements from each discipline flow from one to the next, creating the optimal calorie-burning and muscle-toning regimen. Bring a mat. Questions? Contact Jeanne@hulalafit.com or visit www.hulalafit.com.

8 Sessions	\$64
Instructor: Jeanne M. Lieder	
336623 Bauer Drive CC	9/4 Tu 7:15pm - 8:15pm

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## PILATES

### GROUP WORKOUT PILATES ON THE BALL

Ages 16 and Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 240 552-2227 or email at: [fmosby@verizon.net](mailto:fmosby@verizon.net)

12 Sessions \$120  
Instructor: Fred Mosby  
336916 Germantown CC 9/11 Tu,Th 6:00pm - 7:00pm  
336917 Germantown CC 11/8 Th,Tu 6:00pm - 7:00pm

### PILATES (STRETCH & STRENGTHEN)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

14 Sessions \$96  
Instructor: Sally Dimsdale  
338343 Kennedy Shriver AqCtr 9/8 Sa 8:30am - 9:30am

## STRENGTH TRAINING AND BODY SCULPTING

### BODY SCULPTING

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

14 Sessions \$73  
Instructor: Sally Dimsdale  
338339 Kennedy Shriver AqCtr 9/11 Tu 6:30pm - 7:20pm  
338340 Kennedy Shriver AqCtr 9/13 Th 6:30pm - 7:20pm

### BODY SCULPT

Ages 16 and Up: Build Strength, Increase Flexibility, and learn Stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Call Instructor Karin Baker with any questions (240) 207-3091.

13 Sessions \$68  
Instructor: Karin Baker  
336896 Damascus CC 9/10 M 5:45pm - 6:30pm  
336897 Damascus CC 9/12 W 5:45pm - 6:30pm

### BONE BUILDERS - PLUS

Ages 40 and Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: [GettingFitwithJerry@comcast.net](mailto:GettingFitwithJerry@comcast.net).

10 Sessions \$70  
Instructor: Jerry Palazzo  
336626 Jane E. Lawton CC 9/10 M 10:00am -11:00am  
336627 Jane E. Lawton CC 9/12 W 10:00am -11:00am

### DEFINITION BODY SCULPTING

Ages 16 and Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE & CPR certified. Questions call Juliet Rodman at: (301) 229-7555 or email at [Juliet@wellnesscorporatesolutions.com](mailto:Juliet@wellnesscorporatesolutions.com)

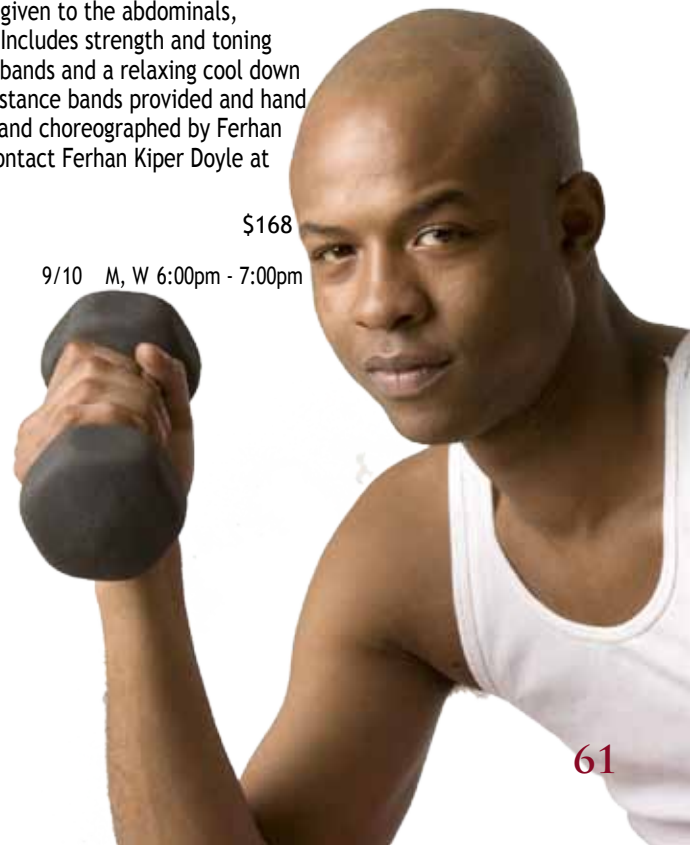
26 Sessions \$182  
Instructor: Juliet Rodman  
336859 Clara Barton CC 9/4 Tu,Th 9:15am -10:15am  
336860 Clara Barton CC 9/4 Tu,Th 6:30pm - 7:30pm

### DYNAEROBICS BODY SCULPTING

Ages 16 and Up: (Ages 13-15 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

24 Sessions \$168  
Instructor: Gina Dols  
336539 Bauer Drive CC 9/10 M, W 6:00pm - 7:00pm

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## TAI CHI

### **NEW** QI GONG

Ages 18 and Up: Beginners: These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. The graceful movements stretch and massage the acupuncture meridians; therefore, Qigong is also known as 'acupuncture without the needles.'

10 Sessions \$120  
Instructor: Louise Liu  
336913 White Oak CC 9/12 W 11:45am -12:45pm

### **TAI CHI, BEGINNING**

Age 16 and Up: (Ages 13-15 if accompanied by a parent/guardian). An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome.

10 Sessions \$100  
Instructor: Andy Schettino  
336545 Bauer Drive CC 9/10 M 7:00pm - 8:00pm  
336547 Potomac CC 9/11 Tu 6:45pm - 7:45pm  
Instructor: Lon Holland  
336546 Wheaton CC 9/12 W 7:00pm - 8:00pm

### **TAI CHI, CONTINUING**

Age 16 and Up: (13-15 if accompanied by a parent or guardian). Continuing Students Level II.

10 Sessions \$100  
Instructor: Andy Schettino  
336075 Bauer Drive CC 9/10 M 8:00pm - 9:00pm  
336077 Potomac CC 9/11 Tu 7:45pm - 8:45pm  
Instructor: Lon Holland  
336076 Wheaton CC 9/12 W 8:00pm - 9:00pm

### **TAI CHI AND QIGONG FOR MIND-BODY CONNECTION**

Ages 16 and Up: (Children ages 13-15 permitted with parent or guardian who also takes the class). Experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at [info@tccii.com](mailto:info@tccii.com).

10 Sessions \$120  
Instructor: Traditional Chinese Culture Institute  
335985 Wisconsin Place CC 9/11 Tu 6:30pm - 7:30pm  
335986 White Oak CC 9/13 Th 6:30pm - 7:30pm

### **NEW** TAI CHI

Ages 18 and Up: Beginner: Anyone from senior citizens with existing ailments to athletes can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced.

10 Sessions \$120  
Instructor: Louise Liu  
336900 White Oak CC 9/12 W 10:45am -11:45am  
336915 Germantown CC 9/13 Th 6:00pm - 7:00pm

### **TAI CHI CHUAN AND QIGONG**

Ages 18 and Up: Continuing Students & Beginners: These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress.

10 Sessions \$150  
Instructor: Louise Liu  
336667 Germantown CC 9/15 Sa 9:30am -10:45am  
336665 Jane E. Lawton CC 9/11 Tu 6:00pm - 7:15pm  
336666 Germantown CC 9/13 Th 9:30am -10:45am

### **TAI CHI CHUAN**

Ages 18 and Up: A set of naturally flowing movements performed slowly in a sequence with a spirit of calmness, balance, and awareness. It teaches ways of relaxation and is excellent for stress reduction. Regular practice develops strength and flexibility of the joints, muscles and ligaments, while enhancing the performances of the cardiovascular system with a minimum of strain on the body. Wear comfortable, loose fitting clothing and flat sole shoes. Questions contact Jack at: [jrvivona@yahoo.com](mailto:jrvivona@yahoo.com) or Linda Lazarus at: [lindalazarus@starpower.net](mailto:lindalazarus@starpower.net)

8 Sessions \$80  
Instructor: Jack Vivona  
336084 Damascus CC 9/20 Th 7:00pm - 8:00pm

10 Sessions \$100  
Instructor: Linda Lazarus  
336085 White Oak CC 9/11 Tu 1:00pm - 2:00pm  
336086 White Oak CC 9/11 Tu 7:15pm - 8:15pm



# YOGA

## ESSENTIAL YOGA FOR BEGINNERS

Ages 16 and Up: This is a beginning yoga class that is suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breathing and foundational yogic concepts. Perfect for first time and continuing students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or [tljhealth@earthlink.net](mailto:tljhealth@earthlink.net) for further information.

10 Sessions \$100  
Instructor: Tamara Johnson  
336030 Gwendolyn Coffield CC 9/27 Th 6:00pm - 7:00pm

## NEW MASSAGE BALL WORKSHOP

Ages 16 and Up: This workshop is on the use of massage balls for relieving pain and increasing neck, shoulder and spine mobility. Massage balls provide a self-help means for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once are to be used at home or office. Instructor Maggie Wong has been teaching yoga and the use of massage balls for the past 12 years. Participants are provided with a pump and 9 balls of various sizes and firmness. Please wear non-restrictive clothing and bring a water bottle to class. For more information call Maggie 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit her website at: [www.yogaplus.com](http://www.yogaplus.com)

1 Session \$180  
Instructor: Maggie Wong  
336475 Yoga Plus - Potomac 9/23 Su 3:00pm - 5:00pm  
336476 Yoga Plus - Potomac 10/28 Su 3:00pm - 5:00pm

## PRENATAL YOGA AT DIVINE LIFE YOGA

Ages 16 and Up: Honor yourself and the life within. Instruction includes: breathing and relaxation techniques; stretching and toning muscle groups used during labor and delivery; techniques to relieve lower back pain; posture awareness; and visualization techniques that connect you with the life within. Wear comfortable clothing. You do not need to bring a mat or pillows to class. All equipment is provided. For more information, you can contact Hillary Blackton at 301-924-5164 or [hillary@divinelifeyoga.com](mailto:hillary@divinelifeyoga.com).

10 Sessions \$150  
Instructor: Hillary Blackton  
335984 Divine Life Yoga Studio 10/3 W 7:30pm - 9:00pm

## EASY YOGA WITH MOIRA MARTIN

Ages 16 and Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065

12 Sessions \$145  
Instructor: Moira Martin  
336534 Jane E. Lawton CC 9/13 Th 9:30am -10:45am

## NEW GENTLE YOGA

Ages 16 and Up: (14-15 yrs if accompanied by a parent or guardian). For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) [Irene54@aol.com](mailto:Irene54@aol.com) or (Linda Lazarus) at [lindalazarus@starpower.net](mailto:lindalazarus@starpower.net)

10 Sessions \$100  
Instructor: Linda Lazarus  
336078 White Oak CC 9/11 Tu 12:00pm - 1:00pm  
336083 White Oak CC 9/11 Tu 6:00pm - 7:00pm  
11 Session \$110  
Instructor: Irene Bopp  
336079 Bauer Drive CC 9/11 Tu 6:15pm - 7:15pm

## HATHA YOGA AND STRESS MANAGEMENT

Age 18 and Up: Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

13 Sessions \$130  
Instructor: Suzana Cooper  
336541 Jane E. Lawton CC 9/14 F 10:45am -11:45am

## HATHA YOGA AND STRESS MANAGEMENT 2

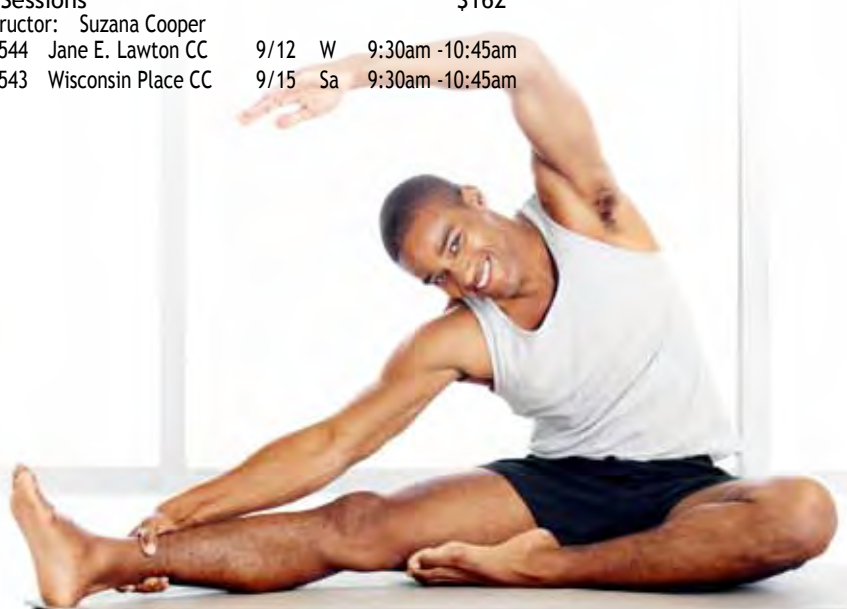
Age 18 and Up: Intermediate/Advanced: Prerequisite- beginner class with Cooper.

13 Sessions \$162  
Instructor: Suzana Cooper  
336542 Jane E. Lawton CC 9/14 F 9:30am -10:45am

## HATHA YOGA AND STRESS MANAGEMENT BEG/ CON

Age 18 and Up: Continuing Students & Beginners: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

13 Sessions \$162  
Instructor: Suzana Cooper  
336544 Jane E. Lawton CC 9/12 W 9:30am -10:45am  
336543 Wisconsin Place CC 9/15 Sa 9:30am -10:45am







### YOGA FOR STRESS RELIEF

Ages 16 and Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breathing awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor Hannah Leatherbury, at [Hannah@HannahLeatherbury.com](mailto:Hannah@HannahLeatherbury.com) or 770-712-3179 for further information.

11 Sessions \$154  
Instructor: Hannah E. Leatherbury  
335983 Long Branch CC 9/12 W 6:30pm - 7:45pm

### VINI YOGA

Ages 14 and Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

10 Sessions \$125  
Instructor: Pat Miller  
336662 Potomac CC 9/27 Th 9:15am -10:30am  
336663 Potomac CC 9/27 Th 6:30pm - 7:45pm

### VINI YOGA INTERMEDIATE

Ages 14 and Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

10 Sessions \$125  
Instructor: Pat Miller  
336664 Potomac CC 9/24 M 6:30pm - 7:45pm

### VINI EASY GOING YOGA

Ages 14 and Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

10 Sessions \$125  
Instructor: Pat Miller  
336661 Potomac CC 9/27 Th 10:45am -12:00pm

### YOGA BASICS

Ages 16 and Up: (14-15 yrs if accompanied by parent or guardian). Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) [Irene54@aol.com](mailto:Irene54@aol.com).

11 Sessions \$110  
Instructor: Irene Bopp  
336494 Bauer Drive CC 9/11 Tu 7:30pm - 8:30pm  
336497 Mid County CC 9/12 W 7:00pm - 8:00pm  
336495 Marilyn J. Praisner CC 9/13 Th 10:30am -11:30am  
336496 Paint Branch HS 9/13 Th 7:00pm - 8:00pm  
336499 White Oak CC 9/13 Th 12:30pm - 1:30pm

### EVENING YOGA

Ages 18 and Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breathing awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: [robin.michele.morris@gmail.com](mailto:robin.michele.morris@gmail.com).

10 Sessions \$100  
Instructor: Robin Morris  
336025 Wisconsin Place CC 9/12 W 7:00pm - 8:00pm

### YOGA & FREE WEIGHTS

Ages 16 and Up: Yoga postures and movements for core muscle strengthening, flexibility, balance and relaxation; and weights for upper body toning. This is a mixed level class; the class is adjusted to meet the abilities and needs of the participants. Class location : Carderock clubhouse. 8200 Hamilton Spring Ct. Bethesda. For more information please call Maggie Wong 301-365-2424, email [maggie@yogaplus.com](mailto:maggie@yogaplus.com) or visit website at : [www.yogaplus.com](http://www.yogaplus.com)

12 Sessions \$180  
Instructor: Maggie Wong  
335926 Yoga Plus - Bethesda 9/11 Tu 9:00am -10:30am  
335927 Yoga Plus - Bethesda 9/13 Th 9:00am -10:30am



## YOGA FUNDAMENTALS

**Ages 16 and Up:** (for beginning and continuing students). Enjoy a balanced practice with benefits for your body, mind and spirit: Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: [info@yogatribe.us](mailto:info@yogatribe.us).

11 Session \$140  
 Instructor: Yoga Tribe  
 336031 Bauer Drive CC 9/11 Tu 10:45am -12:00pm

## YOGA FOR RELAXATION

**Ages 18 and Up:** (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: [robin.michele.morris@gmail.com](mailto:robin.michele.morris@gmail.com)

10 Sessions \$100  
 Instructor: Robin Morris  
 336026 Wisconsin Place CC 9/12 W 9:30am -10:30am  
 336027 Wisconsin Place CC 9/12 W 5:45pm - 6:45pm

## YOGA FOR SCOLIOSIS & HEALTHY BACK

**Ages 16 and Up:** The instructor, Maggie Wong, knows yoga's healing potential first hand. The class is dedicated to strengthening the core muscles (abs and lower back) that are essential for supporting the back. People with scoliosis, back pain, posture issues or desk-bound computer users will benefit from this class. Instruction includes simple exercises for strengthening the body's natural back support structures, addressing inflexibility and pain, and calming the mind. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. Wear non-restrictive clothing and bring a yoga mat to class. Class location: Potomac Methodist Church, 9908 South Glen Road. For more information please call Maggie Wong 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit website at: [www.yogaplus.com](http://www.yogaplus.com)

12 Sessions \$180  
 Instructor: Maggie Wong  
 335925 Yoga Plus - Potomac 9/13 Th 7:30pm - 9:00pm

## NEW MIXED-LEVEL VINYASA FLOW YOGA

**Ages 16 and Up:** This class is designed to challenge and inspire you. Emphasizing the connection between mind, body, and breathing. Movement from one pose to the next follows the breathing, resulting in a smooth, flowing practice that develops strength, flexibility, endurance and balance. Prior yoga experience is recommended. Wear comfortable clothing and bring a yoga mat to class. Questions, please contact Kirsten Norris at [sten15@yahoo.com](mailto:sten15@yahoo.com)

6 Sessions \$60  
 Instructor: Kirsten E. Norris  
 336091 White Oak CC 9/12 W 12:00pm - 1:00pm  
 336092 White Oak CC 11/7 W 12:00pm - 1:00pm

## NEW WORKSHOP FOR SCOLIOSIS

**Ages 8 and Up:** The instructor, Maggie Wong, knows how to deal with scoliosis and back pain first hand. Diagnosed with scoliosis as a teenager, she uses yoga and related exercises to manage her condition and to help others. People with scoliosis, back pain, posture issues, desk-bound and physical workers will benefit from the workshop. The workshop is dedicated to strengthening the core muscles (abs and lower back) and employing stretches and movements tailored to scoliosis that are essential for supporting the back and improving range of motion. The instruction includes exercises for strengthening the body's natural back support structures; addressing inflexibility and pain: stretching using a bar; and calming the mind. A segment of this class employs the use of massage balls of varying sizes and firmness, which are self-help tools to relieve tension and promote relaxation. Children may also be afflicted with scoliosis, so we welcome anyone age 8 and up. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more information please call Maggie 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit her website at: [www.yogaplus.com](http://www.yogaplus.com)

1 Session \$117  
 Instructor: Maggie Wong  
 336477 Yoga Plus - Potomac 9/30 Su 3:00pm - 5:00pm  
 336478 Yoga Plus - Potomac 10/14 Su 3:00pm - 5:00pm







## YOUTH

### BATON 1 BEGINNER

Ages 4-10: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor. However, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com.

8 Sessions	\$50
Instructor: Julianna Duda	
337275 Clemente, Roberto MS	9/10 M 5:30pm - 6:15pm
337278 Brooke Grove ES	9/11 Tu 5:30pm - 6:15pm
337276 Damascus CC	9/12 W 4:45pm - 5:30pm
337277 Germantown CC	9/13 Th 4:30pm - 5:15pm
337279 White Oak CC	9/13 Th 5:30pm - 6:15pm

### CHEERLEADING 1

Ages 5-14: Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at (301) 865-0666.

4 Sessions	\$71
Instructor: Philip Brudner	
336845 Germantown CC	9/18 Tu 5:00pm - 7:00pm
336846 Olney ES	9/19 W 5:00pm - 7:00pm

### NEW TEEN YOGA WITH KIRSTEN

Ages 13-17: Yoga is a great way for teens to connect to their bodies, boosting confidence and self-esteem. Improve focus and concentration as well as stretch and strengthen muscles. Yoga helps to build techniques to handle stress in their daily lives. Connecting breathing, mind, and body, yoga both energizes and calms. Make friends, get creative, have fun playing games and take time out to relax. Wear comfortable clothing and bring a mat. Come join us! Questions, please contact Kirsten Norris at sten15@yahoo.com

6 Sessions	\$60
Instructor: Kirsten E. Norris	
336089 White Oak CC	9/12 W 3:30pm - 4:30pm
336090 White Oak CC	11/7 W 3:30pm - 4:30pm

### NEW TWEEN YOGA WITH KIRSTEN

Ages 8-12: Yoga is a great way for kids to connect to their bodies, boosting confidence and self-esteem. Yoga poses encourage focus and concentration as well as stretch and strengthen muscles. Yoga also teaches ways to relax, providing kids with tools and techniques to handle stress in their daily lives. Connecting breathing, mind and body, yoga both energizes and calms. Make friends, get creative, have fun playing games and take time out to relax. Wear comfortable clothing and bring a mat. Come join us! Questions, please contact Kirsten Norris at sten15@yahoo.com

6 Sessions	\$45
Instructor: Kirsten E. Norris	
336087 White Oak CC	9/12 W 4:45pm - 5:30pm
336088 White Oak CC	11/7 W 4:45pm - 5:30pm

### NEW ZUMBATOMIC

Ages 5-10: Zumbatomic classes are rocking, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym for themselves, for their kids, for a totally fun family experience.

6 Sessions	\$45
Instructor: Halo Dance Studio	
336032 Halo Dance Studio	9/22 Sa 10:00am - 10:45am

### ZUMBATOMIC WITH ZUKOSSA FITNESS

Ages 6-12: Designed exclusively for kids Zumbatomic classes are a rocking, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. For more information contact Janet Awokoya @zumbawithjanet@gmail.com

6 Sessions	\$60
Instructor: Zukossa Fitness Team	
336852 Burtonsville ES	9/11 Tu 4:30pm - 5:30pm
336853 Burtonsville ES	10/30 Tu 4:30pm - 5:30pm

## MARTIAL ARTS

### AIKIDO

#### AIKIDO BEGINNING

Ages 12 and Up: Beginner: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

11 Session	\$75
Instructor: William Fairweather	
336576 Ross Boddy CC	9/10 M 7:00pm - 8:30pm

#### AIKIDO CONTINUING

Ages 12 and Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

12 Sessions	\$115
Instructor: William Fairweather	
336577 Ross Boddy CC	9/12 W 7:00pm - 9:00pm



# KARATE/JUJITSU

## KARATE/JUJITSU

Ages 6-12: (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. \*All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC & Dufief ES, Fallsmeade. Beginners may attend the later time at all other sites.

13 Sessions	\$75
Instructor: TKA, Inc.	
337372 Longwood CC	9/10 M 7:00pm - 8:00pm
337373 Upper County CC	9/10 M 6:00pm - 7:00pm
337374 Upper County CC	9/10 M 7:00pm - 8:00pm
337375 Wheaton CC	9/10 M 7:00pm - 8:00pm
337376 Germantown CC	9/11 Tu 6:00pm - 7:00pm
337377 Germantown CC	9/11 Tu 7:00pm - 8:00pm
337401 Mid County CC	9/11 Tu 7:00pm - 8:00pm
337378 Damascus CC	9/12 W 6:00pm - 7:00pm
337379 Damascus CC	9/12 W 7:00pm - 8:00pm
337380 Clara Barton CC	9/12 W 7:00pm - 8:00pm
337381 Bauer Drive CC	9/12 W 6:00pm - 7:00pm
337382 Bauer Drive CC	9/12 W 7:00pm - 8:00pm
337383 Potomac CC	9/12 W 6:30pm - 7:30pm
337384 Resnik, Judith A. ES	9/12 W 6:00pm - 7:00pm
337385 Resnik, Judith A. ES	9/12 W 7:00pm - 8:00pm
337386 Montgomery Village MS	9/12 W 7:00pm - 8:00pm
337403 Montgomery Village MS	9/12 W 6:00pm - 7:00pm
337387 Marilyn J. Praisner CC	9/13 Th 6:00pm - 7:00pm
337388 Marilyn J. Praisner CC	9/13 Th 7:00pm - 8:00pm
337389 DuFief ES	9/13 Th 6:00pm - 7:00pm
337390 DuFief ES	9/13 Th 7:00pm - 8:00pm
337391 Poole, John MS	9/13 Th 7:00pm - 8:00pm
337392 Rolling Terrace ES	9/13 Th 6:00pm - 7:00pm
337393 Rolling Terrace ES	9/13 Th 7:00pm - 8:00pm
337394 Bethesda ES	9/13 Th 7:00pm - 8:00pm

## KARATE DO AND IAIDO BEGINNERS

Ages 6-13: Tuesdays; Ages 16 & up Thursday: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at [bskofmc@gmail.com](mailto:bskofmc@gmail.com)

11 Session	\$69
Instructor: Salvador Cortes	
336929 Garrett Park ES	9/11 Tu 7:00pm - 8:00pm
336930 Garrett Park ES	9/13 Th 7:00pm - 8:00pm

## KARATE DO AND IAIDO II INTERMEDIATE

Ages 10 and Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at [bskofmc@gmail.com](mailto:bskofmc@gmail.com)

11 Session	\$69
Instructor: Salvador Cortes	
336934 Garrett Park ES	9/11 Tu 8:00pm - 9:00pm

## KARATE/JUJITSU ADULTS

Ages 13 and Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

13 Sessions	\$99
Instructor: TKA, Inc.	
337404 Upper County CC	9/10 M 8:00pm - 9:30pm
337405 Wheaton CC	9/10 M 8:00pm - 9:30pm
337406 Germantown CC	9/11 Tu 8:00pm - 9:30pm
337407 Damascus CC	9/12 W 8:00pm - 9:30pm
337408 Bauer Drive CC	9/12 W 8:00pm - 9:30pm
337409 Potomac CC	9/12 W 7:30pm - 9:00pm
337410 Montgomery Village MS	9/12 W 8:00pm - 9:30pm
337411 Bethesda ES	9/13 Th 8:00pm - 9:30pm
337412 Marilyn J. ES	9/13 Th 8:00pm - 9:30pm
337414 Rolling Terrace ES	9/13 Th 8:00pm - 9:30pm

## KARATE/JUJITSU CLUB

Ages 13 and Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

12 Sessions	\$40
Instructor: TKA, Inc.	
337426 Holiday Park SC	9/14 F 7:00pm - 8:00pm

## KARATE/JUJITSU CLUB 2

Ages 13 and Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

12 Sessions	\$54
Instructor: TKA, Inc.	
337427 Holiday Park SC	9/14 F 8:00pm - 9:00pm







### **NEW KEMPO KARATE TEENS & ADULT PROGRAM**

**Ages 14 and Up:** Learn the very effective and explosive art of RyuTe Kempo Karate in our adult and teen martial arts classes. You will feel more fit, confident and fun every time you step onto the dojo floor. The classes are divided by skill level, so you will always feel comfortable learning with people who are at the same level you are. All our teen and adult programs are taught by Kyoshi Polander as well as one of our senior Black Belt Instructors. Plus, Kyoshi insists on having an additional instructor on the floor so that he can spend time with students who need his personal help. We designed our beginners program so that as your skills develop, your body will develop the agility, balance and flexibility you need in order to move to the next belt level. You will find yourself with increased flexibility, strength, balance and endurance. Each class gives you a solid work out and the punches and kicks you will be throwing, will help to reduce your stress level. You'll also find that learning self-defense techniques will give you confidence you need not only at the dojo but in every aspect of your life. The self-discipline you develop in the dojo will help you succeed at work, at school and in your personal life. RyuTe Kempo karate is a Life Protection Art and a Way of Life. If you ready for your Martial Arts adventure - there is no better place to start! You can choose what night of the week you would like to participate.

12 Sessions \$155  
Instructor: Polander Academy  
339651 Polander Academy 9/24 M 7:00pm - 8:00pm

### **NEW KEMPO KARATE DRAGONS**

**Ages 5-8:** Our typical 45-minute martial arts class focuses on what we believe is the essence of martial arts: self-discipline and respect. We do this by helping your child build the self-confidence they will need for school and for the rest of their life. How do we make that happen? By combining fun with a traditional approach to martial arts! **Concentration:** We break down each step of the learning process into easy and enjoyable activities. **Motor Skills:** Classes are designed to increase a child's balance, coordination and endurance. **Safety:** Our dojo master, Kyoshi Polander is a 7th degree black belt and insists on supervising all children's classes. In addition, two adult black belt instructors are always on the floor helping the kids during each class. **Peer Groups:** Your child will learn with other karate students who are the same age they are and with students who are at the same skill level they are.

12 Sessions \$155  
Instructor: Polander Academy  
339649 Polander Academy 9/18 Tu 5:15pm - 6:00pm

### **NEW KEMPO KARATE LITTLE DRAGONS**

**Ages 3-5:** Children who participate in the program show significant improvement in concentration, coordination, balance and social skills. We teach the basics of karate through a series of games and activities so the students look forward to each class. In addition, we always stress the importance of our 'Little Dragon Secret Codes' (please, thank-you, never give up, listen to parents & teachers, and avoid fighting). We will provide a new karate belt and certificate each time the kids pass their test.

12 Sessions \$155  
Instructor: Polander Academy  
339647 Polander Academy 9/19 W 10:30am - 11:15am  
339648 Polander Academy 9/24 M 4:30pm - 5:15pm

### **NEW KEMPO KARATE TIGERS**

**Ages 9-13:** Tiger classes focus on fun, self-discipline and respect. We help them get in good physical condition, so they can feel good about themselves and so they can exceed in other sports and other activities. Here's how we do it: **Concentration:** in Tiger classes we push the kids a little harder by teaching them adult karate forms called 'kata'. By perfecting their 'kata' and by successfully passing their belt tests, they learn the value of hard work, persistence and most important, they feel good about themselves. **Respect:** a key part of our dojo is the requirement that each student, whether they are 5 or 65 speak with their instructors in the 'Attention' position; standing up straight and maintaining eye contact. This teaches them respect and carries over to their daily lives; the way they act outside the dojo and project confidence so they are not bullied. **Fitness:** students get bored doing repetitive exercises so our classes mix exercise with fun. We want them to view exercise as something enjoyable that they will continue doing for the rest of their lives whether it is in or outside of our dojo. We do this by partnering them during a class with different students at the same level, so they can work out together whether they are learning to master techniques, sparring or ground fighting.

12 Sessions \$155  
Instructor: Polander Academy  
339650 Polander Academy 9/20 Th 5:15pm - 6:00pm

### **NEW KUNG FU BASICS-SHAOLIN**

**Ages 16 and Up:** (13-15 years old allowed with parent) Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting -- for example, running shoes NOT recommended). Instructor is a disciple of 34th generation Shaolin Temple monk, Shifu Shi Yan Ming, founder and abbot of the USA Shaolin Temple in New York.

10 Sessions \$70  
Instructor: Bess Siegal  
336965 Cabin John MS 9/11 Tu 8:30pm - 9:30pm

## KENDO

### KENDO

Ages 12 and Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email: [tsir.office@verizon.net](mailto:tsir.office@verizon.net)

9 Sessions \$72  
Instructor: Shiro Shintaku  
337075 Tilden MS 9/20 Th 6:30pm - 7:30pm

## TINY TOTS

## DANCE

### KIDZ DANCE

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. There is no required dress code.

10 Sessions \$90  
Instructor: Grace Oleson  
336948 Germantown CC 9/12 W 3:30pm - 4:15pm  
336949 Wheaton CC 9/13 Th 3:30pm - 4:15pm  
336947 Potomac CC 9/18 Tu 3:30pm - 4:15pm

### PRESCHOOL DANCE BY JAZZMATAZZ

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

10 Sessions \$90  
Instructor: Betsy Saunders  
336919 Long Branch CC 10/6 Sa 10:15am - 11:00am

### BOLLYWOOD FOR TOTS

Ages 18 months - 5years: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning Sound track 'Jai Ho' from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

8 Sessions \$96  
Instructor: Kumud Mathur  
Ages 3 - 5 years  
336589 Potomac CC 9/18 Tu 5:30pm - 6:15pm  
Ages 18 months - 3 years  
336588 Potomac CC 9/20 Th 11:15am - 12:00pm

## ARTS AND CRAFTS

### TINY HANDS CRAFTS

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$24 material fee due to instructor. Adult participation required.

6 Sessions \$56  
Instructor: Abigail Dion  
337326 Potomac CC 9/24 M 10:15am - 11:00am  
337327 Germantown CC 9/25 Tu 10:15am - 11:00am  
337331 Jane E. Lawton CC 9/27 Th 10:15am - 11:00am  
337332 Potomac CC 9/28 F 10:15am - 11:00am  
337402 Mid County CC 9/28 F 10:15am - 11:00am  
337337 Bauer Drive CC 9/29 Sa 9:30am - 10:15am  
337347 Germantown CC 9/29 Sa 10:15am - 11:00am  
337328 Bauer Drive CC 10/3 W 10:15am - 11:00am  
337330 Germantown CC 10/3 W 10:15am - 11:00am

### TINY HANDS HOLIDAY CRAFTS

Ages 3-8: Come join Tiny Hands Crafts class as we celebrate holiday traditions throughout the world using art and story. Make 3 great traditional holiday projects each class and learn about the holidays that people celebrate and the tradition behind them. We will be doing Hanukkah, Christmas and Kwanza. \$21 material fee due to instructor. Parent participation required.

3 Sessions \$38  
Instructor: Abigail Dion  
337397 Potomac CC 11/27 Tu 11:15am - 12:15pm  
337400 Potomac CC 11/27 Tu 10:00am - 11:00am  
337398 Germantown CC 11/28 W 10:00am - 11:00am  
337399 Germantown CC 11/28 W 11:15am - 12:15pm

### YOUNG REMBRANDTS FOR TINY TOTS

Ages 3 1/2-5yrs: Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Adult Participation not required.

6 Sessions \$68  
Instructor: Young Rembrandts  
336630 Germantown CC 10/1 M 10:15am - 11:00am  
336631 Wheaton CC 10/2 Tu 10:15am - 11:00am  
336632 Potomac CC 10/4 Th 10:15am - 11:00am







## MESSES AND MASTERPIECES

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

8 Sessions	\$72
Instructor: Joan E. Clowes	
336486 Jane E. Lawton CC	9/18 Tu 10:00am -10:45am
336481 Potomac CC	9/19 W 10:00am -10:45am
336482 Potomac CC	9/19 W 11:00am -11:45am
336485 Wisconsin Place CC	9/21 F 10:15am -11:00am
336479 Longwood CC	9/24 M 10:15am -11:00am
336480 Longwood CC	9/24 M 11:15am -12:00pm
336487 Jane E. Lawton CC	9/25 Tu 11:00am -11:45am

## SUNDAY STUDIO WITH CREATE

Age 4-6: Kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. A\$15 material fee is required.

8 Sessions	\$109
Instructor: Create Art Center	
338366 Create Arts Center	9/23 Su 10:00am -11:00am
338723 Create Arts Center	9/23 Su 11:30am -12:30pm

## MORE TINY TOTS

### LITTLE SCIENTISTS: BEAKERS AND BRUSHES

Ages 3-6: Bring your preschooler to this unforgettable workshop where he/she will explore the world of art and science using the natural way kids learn; imagination, exploration, and creation. In Beakers and Brushes, quality children's literature will guide us as we engage in chemistry and art activities. Children will participate in several chemistry experiments to answer questions about their environment. Children will learn the process of art by tactile exploration. \$20 material fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

6 Sessions	\$135
Instructor: T.C.I.G Works,	
336921 Bauer Drive CC	9/18 Tu 2:30pm - 4:00pm
336922 QO Valley Park	9/19 W 2:30pm - 4:00pm
336923 White Oak CC	9/27 Th 2:30pm - 4:00pm

### NEW LITTLE SCIENTISTS: MARKERS & MICROSCOPES

Ages 3-6: In this fun and hands-on workshop, your preschooler will participate in art and science activities revolving around Biology and Plant Life. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material Fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

6 Sessions	\$135
Instructor: T.C.I.G Works,	
336928 Bauer Drive CC	11/7 W 2:30pm - 4:00pm
336926 White Oak CC	11/8 Th 2:30pm - 4:00pm
336927 Potomac CC	11/12 M 2:30pm - 4:00pm

## TINY HANDS CHEFS

Ages 3-8: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$28 material fee due to instructor. Adult participation required.

4 Sessions	\$42
Instructor: Abigail Dion	
337395 Potomac CC	10/15 M 2:00pm - 3:00pm

## YOUNG READERS-BANANA'S ABOUT BOOKS

Ages 3-5: This 'New' fun and educational class will provide your youngster with a nurturing four week program experience that fosters a love of reading, provides an opportunity to practice listening skills, explores the arts and expands social skills. Each week is based on a different animal theme. Our 'Banana's About Books' classes include dramatization, games, crafts, stories, sing-along and more! They will draw animals, share their favorite stories and spend plenty of time exploring different ways of enjoying a good storybook. To add to the fun, each student will get to 'make their own stuffed animal' and watch it become their very own special book buddy. They will hand-stuff a 10'-16' plush pal, participate in a rainbow star wishing ceremony, name it and dress it. Each animal also comes with a take-home bag and original birth certificate. Parent participation is not required. Parents may stay based on their child's needs. A materials fee of \$30 is due.

4 Sessions	\$140
Instructor: Evelyn Kyere	
337225 Germantown CC	9/15 Sa 11:00am -12:30pm
337226 Potomac CC	10/20 Sa 10:00am -11:30am

### NEW SENSATIONAL SCIENCE

Ages 3-5: Grab your lab coat and jump into action as we play with magnets, cool chemical reactions and make periscopes to take home. In the Mad Science laboratory, you'll analyze the amazing properties of slime, and make some to take home! All of the junior Mad Scientists will marvel at optical illusions and wacky chemicals. Get to know your taste buds better and create a mouth-watering treat with heat. A \$30 material fee is due to contractor is due at first class.

6 Sessions	\$119
Instructor: Mad Science	
336946 Potomac CC	11/1 Th 3:00pm - 3:45pm
336944 White Oak CC	11/2 F 3:00pm - 3:45pm
336945 Germantown CC	11/5 M 3:00pm - 3:45pm

### NEW ZIP ZAP BOOM

Ages 3-5: Grab your lab coat and jump into action as we explore real rockets, amazing energy and fantastic chemical reactions. Make your very own shuttle copter, experience hair-raising static electricity and uncover the secrets of matter to create some famous Mad Science putty! Enter the laboratory and produce unusual bubbling potions and curious chemical concoctions. But be careful, because you never know when something might... explode! \$30 materials fee due to instructor on first day.

6 Sessions	\$119
Instructor: Mad Science	
336940 Germantown CC	9/10 M 3:00pm - 3:45pm
336941 Potomac CC	9/13 Th 3:00pm - 3:45pm
336938 White Oak CC	9/14 F 3:00pm - 3:45pm

Follow us on Facebook and Twitter!



## MUSIC

### DISCOVERING MUSIC FOR TODDLERS

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments.

Siblings of registered participants 8 months old, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

9 Sessions \$120

Instructor: Music For Life

336678	Germantown CC	9/10	M	10:15am -11:00am
336679	Germantown CC	9/10	M	11:15am -12:00pm
336680	Golden School of Music	9/10	M	10:15am -11:00am
336681	Golden School of Music	9/10	M	11:15am -12:00pm
336682	Wheaton Library	9/10	M	10:30am -11:15am
336683	QO Valley Park	9/11	Tu	10:15am -11:00am
336684	QO Valley Park	9/11	Tu	11:15am -12:00pm
336685	Wisconsin Place CC	9/11	Tu	10:15am -11:00am
336686	Wisconsin Place CC	9/11	Tu	11:15am -12:00pm
336687	Golden School of Music	9/12	W	10:15am -11:00am
336688	Marilyn J. Praisner CC	9/12	W	10:15am -11:00am
336689	Upper County CC	9/13	Th	10:15am -11:00am
336690	Gwendolyn Coffield CC	9/14	F	10:00am -10:45am
336691	Gwendolyn Coffield CC	9/14	F	11:00am -11:45am
336692	Potomac CC	9/14	F	10:15am -11:00am
336693	Potomac CC	9/14	F	11:15am -12:00pm
336694	Golden School of Music	9/15	Sa	10:00am -10:45am

### EXPLORING MUSIC & PIANO PREP

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

9 Sessions \$162

Instructor: Music For Life

336696	Golden School of Music	9/10	M	12:45pm - 1:45pm
336697	Golden School of Music	9/13	Th	4:00pm - 5:00pm
336698	Longwood CC	9/15	Sa	11:15am - 12:15pm
336699	Golden School of Music	9/15	Sa	11:00am -12:00pm

### DISCOVERING MUSIC - HOLIDAY STYLE

Ages 1-3: Based on Discovering Music for Toddlers, this class will incorporate holiday songs to go along with the holiday season. Siblings 0-8 months may participate at no charge, after 8 months, call 240-777-6870 to register. \$10 material fee due to instructor

4 Sessions \$56

Instructor: Music For Life

336700	Golden School of Music	11/26	M	10:15am -11:00am
336701	Germantown CC	11/26	M	10:15am -11:00am
336702	Wisconsin Place CC	11/27	Tu	10:15am -11:00am
336703	Golden School of Music	11/28	W	10:15am -11:00am
336704	Marilyn J. Praisner CC	11/28	W	10:15am -11:00am
336706	Upper County CC	11/29	Th	10:15am -11:00am
336707	Gwendolyn Coffield CC	11/30	F	10:00am -10:45am
336708	Potomac CC	11/30	F	10:15am -11:00am
336709	Longwood CC	12/1	Sa	10:15am -11:00am

### MUSIC TOGETHER - MONTGOMERY

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to [www.musictogethertomontgomery.com](http://www.musictogethertomontgomery.com) or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register.

10 Sessions \$175

Instructor: Music Together - Montgomery

336657	Mid County CC	9/22	Sa	10:15am -11:00am
336658	Mid County CC	9/22	Sa	11:15am -12:00pm
336659	White Oak CC	9/24	M	10:15am -11:00am
336660	White Oak CC	9/24	M	11:15am -12:00pm
336653	Mid County CC	9/25	Tu	10:15am -11:00am
336654	Mid County CC	9/25	Tu	11:15am -12:00pm
336655	Wheaton-Claridge Park	10/3	W	9:30am -10:15am
336656	Wheaton-Claridge Park	10/3	W	10:30am -11:15am

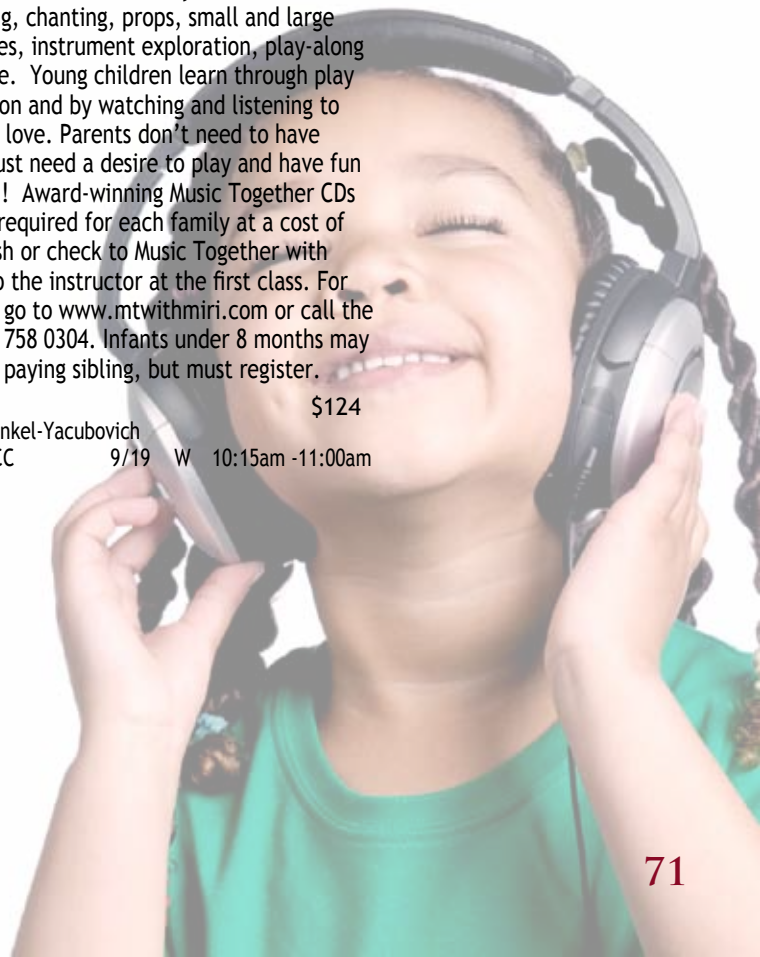
### MUSIC TOGETHER WITH MIRI

Ages 0-5: As a family in one of our classes, you and your child will have the opportunity to play musically each week under the guidance of one of our early childhood music specialists. Wiggling, singing, and laughing with your child is so much fun! Each weekly class includes finger plays, singing, chanting, props, small and large movement activities, instrument exploration, play-along jam and free dance. Young children learn through play and experimentation and by watching and listening to the grownups they love. Parents don't need to have music skills-they just need a desire to play and have fun with their children! Award-winning Music Together CDs and Songbook are required for each family at a cost of \$43 payable by cash or check to Music Together with Miri and are due to the instructor at the first class. For more information, go to [www.mtwithmiri.com](http://www.mtwithmiri.com) or call the instructor at (301) 758 0304. Infants under 8 months may attend free with a paying sibling, but must register.

8 Sessions \$124

Instructor: Miri Frenkel-Yacubovich

337429	Damascus CC	9/19	W	10:15am -11:00am
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## PLAYTIME AND MOVEMENT

### FUNFIT TOTS®

A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation, and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Price includes all materials. Adult participation required!

Instructor: Funfit

#### AGES 1 -2 YEARS

6 Sessions				\$66
336788	Bauer Drive CC	9/18	Tu	9:30am -10:15am
336813	White Oak CC	9/18	Tu	10:00am -10:45am
336789	Potomac CC	9/19	W	9:30am -10:15am
336790	Potomac CC	9/19	W	10:15am -11:00am
336791	Jane E. Lawton CC	9/19	W	9:45am -10:30am
336792	Mid County CC	9/20	Th	10:15am -11:00am
336793	Wisconsin Place CC	9/20	Th	9:45am -10:30am
336794	Wisconsin Place CC	9/20	Th	10:30am -11:15am
336812	Jane E. Lawton CC	9/21	F	9:45am -10:30am
336814	Potomac CC	9/21	F	10:15am -11:00am
336798	Tilden MS	9/22	Sa	9:30am -10:15am
336786	Wheaton CC	9/24	M	9:30am -10:15am
336787	Germantown CC	9/24	M	10:15am -11:00am

5 Sessions				\$55
336819	Potomac CC	11/7	W	9:30am -10:15am
336820	Potomac CC	11/7	W	10:15am -11:00am
336821	Jane E. Lawton CC	11/7	W	9:45am -10:30am
336822	Wisconsin Place CC	11/8	Th	9:45am -10:30am
336823	Wisconsin Place CC	11/8	Th	10:30am -11:15am
336824	Mid County CC	11/8	Th	10:15am -11:00am
336825	Jane E. Lawton CC	11/9	F	9:30am -10:15am
336826	Potomac CC	11/9	F	10:15am -11:00am
336827	Tilden MS	11/10	Sa	9:30am -10:15am
336815	Wheaton CC	11/12	M	9:30am -10:15am
336816	Germantown CC	11/12	M	10:15am -11:00am
336817	Bauer Drive CC	11/13	Tu	9:30am -10:15am
336818	White Oak CC	11/13	Tu	10:00am -10:45am

#### AGES 2 - 3 YEARS

6 Sessions				\$66
336877	Bauer Drive CC	9/18	Tu	10:15am -11:00am
336878	Potomac CC	9/19	W	11:00am -11:45am
336879	Jane E. Lawton CC	9/19	W	11:15am -12:00pm
336880	Wisconsin Place CC	9/20	Th	11:15am -12:00pm
336881	Mid County CC	9/20	Th	10:15am -11:00am
336882	Jane E. Lawton CC	9/21	F	10:15am -11:00am
336883	Potomac CC	9/21	F	11:00am -11:45am
336884	Tilden MS	9/22	Sa	10:15am -11:00am
336875	Wheaton CC	9/24	M	10:15am -11:00am
336876	Germantown CC	9/24	M	11:00am -11:45am

5 Sessions				\$55
336888	Potomac CC	11/7	W	11:00am -11:45am
336889	Jane E. Lawton CC	11/7	W	11:00am -11:45am
336890	Mid County CC	11/8	Th	11:45am -12:30pm
336895	Wisconsin Place CC	11/8	Th	11:15am -12:00pm
336892	Jane E. Lawton CC	11/9	F	10:15am -11:00am
336893	Potomac CC	11/9	F	11:00am -11:45am
336894	Tilden MS	11/10	Sa	10:15am -11:00am
336885	Wheaton CC	11/12	M	10:15am -11:00am
336886	Germantown CC	11/12	M	11:00am -11:45am
336887	Bauer Drive CC	11/13	Tu	10:15am -11:00am

#### AGES 18 MONTHS - 4 YEARS

6 Sessions				\$66
336901	Bauer Drive CC	9/18	Tu	11:00am -11:45am
336914	White Oak CC	9/18	Tu	10:45am -11:30am
336902	Jane E. Lawton CC	9/19	W	10:30am -11:15am
336903	Damascus CC	9/19	W	10:15am -11:00am
336906	QO Valley Park	9/22	Sa	10:15am -11:00am

5 Sessions				\$55
336908	Jane E. Lawton CC	11/7	W	10:30am -11:15am
336909	Damascus CC	11/7	W	10:15am -11:00am
336912	QO Valley Park	11/10	Sa	10:15am -11:00am
336907	Bauer Drive CC	11/13	Tu	11:00am -11:45am
336918	White Oak CC	11/13	Tu	10:45am -11:30am

#### FUNFIT TOTS - EN ESPAÑOL!

Ages 18 mos-4: Una actividad llena de diversión que incluye juegos, canciones, cuentos, música, paracaídas, pelotas y mucho más. Un gran entrenamiento para toda la familia. Un requisito es la participación de adultos. Los niños deben estar en edad de caminar. El costo de la clase es por cada niño. El costo incluye todos los materiales.

6 Sessions				\$66
336829	Jane E. Lawton CC	9/21	F	11:00am -11:45am
336828	Wheaton CC	9/24	M	11:00am -11:45am

5 Sessions				\$55
336831	Jane E. Lawton CC	11/9	F	11:00am -11:45am
336830	Wheaton CC	11/12	M	11:00am -11:45am

#### FUNKY MONKEYS SPORTS & GAMES

Ages: 3-6: Action packed and full of fun, kids receive a heart-healthy workout without even knowing it! With loads of age-appropriate, non-competitive active games, such as tag, stick hockey, ball play, parachute and more, kids learn to play by game rules, follow simple instruction, advance coordination, muscle tone and function, socialization, and cognitive development. Keep them growing strong and confident with Funfit! Parents welcome, but not required.

6 Sessions				\$66
336833	Damascus CC	9/19	W	11:00am -11:45am
336837	Mid County CC	9/20	Th	11:00am -11:45am
336834	Potomac CC	9/21	F	9:30am -10:15am
336835	Tilden Middle School	9/22	Sa	11:00am -11:45am
336836	QO Valley Park	9/22	Sa	9:30am -10:15am
336832	Germantown CC	9/24	M	9:30am -10:15am

5 Sessions				\$55
336847	Damascus CC	11/7	W	11:00am -11:45am
336848	Mid County CC	11/8	Th	11:00am -11:45am
336849	Potomac CC	11/9	F	9:30am -10:15am
336850	Tilden MS	11/10	Sa	11:00am -11:45am
336851	QO Valley Park	11/10	Sa	9:30am -10:15am
336844	Germantown CC	11/12	M	9:30am -10:15am



**ITSY BITSY YOGA**

Ages 3-9 months: Meet new friends and bond with your baby in a nurturing class designed to support your baby's development. Discover new ways to improve baby's sleep, digestion, and more. No yoga experience required. Wear comfortable clothes and bring a blanket or mat. Adult participation required. Babies should be pre-walkers. Itsy Bitsy is a registered trademark of Spirit Into Life Inc. For more information about Helen Garabedian's Itsy Bitsy Yoga program, visit [www.itsybitsyyoga.com](http://www.itsybitsyyoga.com).

6 Sessions \$60  
 Instructor: Laura Lunking  
 336493 Bauer Drive CC 9/13 Th 10:45am -11:30am

**MAMA GOOSE ON THE LOOSE**

Ages 6-36 months: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information go to [mamagoose@verizon.net](mailto:mamagoose@verizon.net)

8 Sessions \$80  
 Instructor: Laura Lunking  
 336492 Bauer Drive CC 9/11 Tu 1:00pm - 1:45pm  
 336490 Mid County CC 9/12 W 11:00am -11:45am  
 336491 Bauer Drive CC 9/13 Th 9:45am -10:30am

**SPORTS AND FITNESS****COACH DOUG PRE WEE WANNA BE**

Ages 18-36 months: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required.. \$5.00 Materials Fee is due to Instructor.

8 Sessions \$59  
 Instructor: Coach Doug Academy, Inc  
 336967 Germantown CC 9/18 Tu 9:30am -10:15am  
 336968 Bauer Drive CC 9/19 W 9:30am -10:15am  
 336969 Potomac CC 9/20 Th 9:30am -10:15am  
 336970 Damascus CC 9/21 F 10:00am -10:45am  
 336966 Jane E. Lawton CC 9/24 M 9:30am -10:15am

**CHALLENGER SPORTS LIL LIONS SOCCER PROGRAM**

Ages 4-5: This program uses soccer as the medium to develop their balance, agility, coordination and color recognition and numerical learning along with increased confidence and social skills in a fun and relaxed environment. These sessions develop the use of right and left foot along with differing foot surfaces for kicking.

8 Sessions \$130  
 Instructor: Challenger Sports British Soccer  
 336675 Falls Road Park 9/10 M 11:00am -11:45am  
 336672 Olney Family Park 9/11 Tu 11:00am -11:45am  
 336673 Meadowbrook Park 9/14 F 11:00am -11:45am  
 336674 Darnestown Park 9/14 F 11:00am -11:45am

**CHALLENGER SPORTS CUBS SOCCER PROGRAM**

Ages 2-3: This program uses soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.(parent participation required)

8 Sessions \$130  
 Instructor: Challenger Sports British Soccer  
 336671 Falls Road Park 9/10 M 10:00am -10:45am  
 336668 Olney Family Park 9/11 Tu 10:00am -10:45am  
 336669 Meadowbrook Park 9/14 F 10:00am -10:45am  
 336670 Darnestown Park 9/14 F 10:00am -10:45am

*....your  
kids will  
get a kick  
out of  
our soccer  
programs!*

**WE WANT YOU!**

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation  
 Contracts  
 4010 Randolph Road  
 Silver Spring, MD 20902





## COACH DOUG WEE WANNA BE SOCCER AND TENNIS

Ages 3-5: COACH DOUG WEE WANNA BE SOCCER AND TENNIS is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$69

Instructor: Coach Doug Academy, Inc

336972	Germantown CC	9/18	Tu	11:00am -11:45am
336973	Bauer Drive CC	9/19	W	11:00am -11:45am
336974	Potomac CC	9/20	Th	11:00am -11:45am
336975	Damascus CC	9/21	F	11:30am -12:15pm
336976	Cold Spring ES	9/22	Sa	3:30pm - 4:15pm
336971	Jane E. Lawton CC	9/24	M	11:00am -11:45am

## GYMNASTIC FUN TUMBLING FORMAT

Ages 3-6: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions \$68

Instructor: Denise Schattenberg

336488	QO Valley Park	9/24	M	11:00am -11:45am
336489	Upper County CC	9/24	M	1:00pm - 1:45pm

## GYMNASTICS - PARENT & CHILD

Ages 2-3 1/2: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions \$130

Instructor: Gymnastics of America

336591	Gymnastics of America	9/14	F	9:45am -10:30am
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## GYMNASTICS - PRE SCHOOL

Ages 4-5: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions \$130

Instructor: Gymnastics of America

336596	Gymnastics of America	9/14	F	10:30am -11:15am
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## COACH DOUG WEE WANNA BE

Ages 3-5: Which Sports players do your kids pretend to be? Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T- ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for additional information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

336953	Germantown CC	9/18	Tu	10:15am -11:00am
336955	Bauer Drive CC	9/19	W	10:15am -11:00am
336956	Potomac CC	9/20	Th	10:15am -11:00am
336958	Damascus CC	9/21	F	10:45am -11:30am
336959	Damascus CC	9/21	F	1:30pm - 2:15pm
336960	Oakland Terrace ES	9/22	Sa	9:30am -10:15am
336961	Oakland Terrace ES	9/22	Sa	10:15am -11:00am
336962	Cold Spring ES	9/22	Sa	1:15pm - 2:00pm
336951	Jane E. Lawton CC	9/24	M	10:15am -11:00am

## COACH DOUG SPORTS SCHOOL

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T- ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

336979	Germantown CC	9/18	Tu	4:15pm - 5:00pm
336980	Potomac CC	9/20	Th	4:15pm - 5:00pm
336981	Damascus CC	9/21	F	4:15pm - 5:00pm
336982	Oakland Terrace ES	9/22	Sa	11:00am -11:45am
336983	Cold Spring ES	9/22	Sa	2:00pm - 2:45pm



336978 Jane E. Lawton CC 9/24 M 4:15pm - 5:00pm

**COACH DOUG SOCCER**

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

336986	Germantown CC	9/18	Tu	5:00pm - 5:45pm
336985	Potomac CC	9/20	Th	5:00pm - 5:45pm
336987	Damascus CC	9/21	F	5:00pm - 5:45pm
336988	Oakland Terrace ES	9/22	Sa	11:45am - 12:45pm
336989	Cold Spring ES	9/22	Sa	2:45pm - 3:30pm
336984	Jane E. Lawton CC	9/24	M	5:00pm - 5:45pm

**UK ELITE PETITE SOCCER**

Ages 2-3 and Ages 3-5: A fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants.

6 Sessions \$100

Instructor: U.K. Elite Tiny Tot Soccer

Ages 2-5				
337626	Wisconsin Place CC	9/21	F	10:00am - 11:00am
Ages 2-3				
336642	White Oak CC	9/25	Tu	10:00am - 11:00am
Ages 3-5				
336648	White Oak CC	9/25	Tu	11:00am - 12:00pm

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# XCITING XTRAS

## DOG OBEDIENCE

**DOG OBEDIENCE 1 PUPPY KINDERGARTEN**

Ages Trainers: 12 and Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes. Questions: Call Wortley Ganoe at 301-946-5645. The MCRD Office is located at 4010 Randolph Road, Silver Spring, MD 20902.

8 Sessions \$80

Instructor: Wortley Ganoe

336935 MCRD Offices 9/8 Sa 9:30am - 10:30am

**BASIC**

Ages Trainer 12 and Up/Dogs 5 months and Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students will need to practice outside class for best results. All work on lead. No retractable leashes. Call Wortley Ganoe at 301-946-5645. MCRD Office is located at 4010 Randolph Road, Silver Spring 20902.

8 Sessions \$80

Instructor: Wortley Ganoe

336936 MCRD Offices 9/8 Sa 10:30am - 11:30am

**INTERMEDIATE**

Ages Trainer: 12 and Up/Dog 6 months and Up: Prerequisite: a basic course. Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc. Students will need to practice. Questions contact Wortley Ganoe at 301-946-5645. MCRD Office is located at 4010 Randolph Road, Silver Spring 20902.

8 Sessions \$80

Instructor: Wortley Ganoe

336937 MCRD Offices 9/8 Sa 11:30am - 12:30pm







## HORSEBACK RIDING

### TINY TOTS/YOUTH HORSEBACK RIDING

Ages 3-8: This exciting parent/ child class will be an introduction for young children to explore grooming, tacking, saddling, and horseback riding specifically geared for this young age group. The first class provides a basic orientation so there is no riding. Each registered student must have the same adult accompany them each week. Children and adults must wear long pants and hard-soled shoes to every class. To keep a safe environment and minimize distractions only 1 adult may accompany each student and no unregistered siblings may attend.

6 Sessions \$240  
Instructor: Camp Olympia  
336950 Camp Olympia 9/18 Tu 4:30pm - 5:15pm

### CHILDREN

Ages 9-12: Beginning horseback riding instruction includes grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Weight limit 200 pounds.

6 Sessions \$240  
Instructor: Camp Olympia  
336963 Camp Olympia 9/15 Sa 9:00am -10:00am

### CLASS

Ages 13 and Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes, and students without proper footwear and long pants will not be able to participate. Weight limit 200 pounds.

6 Sessions \$240  
Instructor: Camp Olympia  
336964 Camp Olympia 9/15 Sa 11:00am -12:00pm



## MORE XCITING XTRAS

### PLAY BRIDGE

Ages 18 and Up: The course is tailored for novices and advancing bridge players. It will cover bidding, playing, and defending a bridge hand. Several conventions will be discussed including Stayman, Jacoby, Michaels, Gerber, and Blackwood. So sign up and enjoy the game.\$5 material fee is due to the instructor on the first day of class.

6 Sessions \$110  
Instructor: Aaron Navarro  
336575 Potomac CC 10/1 M 7:00pm - 9:00pm

### GEMOLOGY (ADVANCED)

Ages 10 and Up: Prerequisite: Beginner or Intro Class - Interested in gemstones, but already know a little something about them? Want to learn more? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens to 'play' with each morning. Perhaps a guest speaker, maybe even a field trip.

10 Sessions \$97  
Instructor: Timothy Morgan  
339111 Potomac CC 9/12 W 10:00am -12:15pm



### RED SPRINKLE FASHION SCHOOL

Ages 9 -17: Build your own portfolio, as you learn about all things fashion! Students will learn techniques from some of the industry's top professionals, including celebrity hair stylists and makeup artists, while learning new skills of their own. Courses will highlight fashion styling and design, hair and makeup artistry, nail design and modeling. Class demonstrations and participation are included. Showcase your new-found skills at the end of the program with a culminating fashion show produced by you! \$25 material fee required. For more information, contact Red Sprinkle at [info@redsprinkle.com](mailto:info@redsprinkle.com).

12 Sessions \$320  
Instructor: Red Sprinkle  
339118 White Oak CC 9/11 Tu 4:00pm - 6:00pm  
339117 Germantown CC 9/13 Th 3:30pm - 5:30pm



### RED SPRINKLE FASHION SCHOOL ADULT

Ages 14 and Up: Build your own portfolio, as you learn about all things fashion! Students will learn techniques from some of the industry's top professionals, including celebrity hair stylists and makeup artists, while learning new skills of their own. Courses will highlight fashion styling and design, hair and makeup artistry, nail design and modeling. Class demonstrations and participation is included. Showcase your new-found skills at the end of the program with a culminating fashion show produced by you! \$25 material fee required. For more information, contact Red Sprinkle at [info@redsprinkle.com](mailto:info@redsprinkle.com).

12 Sessions \$320  
Instructor: Red Sprinkle  
339119 White Oak CC 9/15 Sa 10:00am -12:00pm

**NEW SENSATIONAL SCIENCE**

Ages 5-12: Grab your lab coat and jump into action as we play with magnets, cool chemical reactions and make periscopes to take home. In the Mad Science laboratory, you'll analyze the amazing properties of slime, and make some to take home! All of the junior Mad Scientists will marvel at optical illusions and wacky chemicals. Get to know your taste buds better and create a mouth-watering treat with heat. A \$30 material fee is due to contractor is due at first class.

6 Sessions	\$119
Instructor: Mad Science	
338373 Potomac CC	11/1 Th 4:00pm - 5:00pm
338371 White Oak CC	11/2 F 4:00pm - 5:00pm
338372 Germantown CC	11/5 M 4:00pm - 5:00pm

**NEW ZIP ZAP BOOM**

Ages 5-12: Grab your lab coat and jump into action as we explore real rockets, amazing energy and fantastic chemical reactions. Make your very own shuttle copter, experience hair-raising static electricity and uncover the secrets of matter to create some famous Mad Science putty! Enter the laboratory and produce unusual bubbling potions and curious chemical concoctions. But be careful, because you never know when something might... explode! \$30 materials fee due to instructor on first day.

6 Sessions	\$119
Instructor: Mad Science	
338369 Germantown CC	9/10 M 4:00pm - 5:00pm
338370 Potomac CC	9/13 Th 4:00pm - 5:00pm
338368 White Oak CC	9/14 F 4:00pm - 5:00pm

**PERFORMING ARTS****ACT IT OUT (CLASS)**

Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

10 Sessions	\$118
Instructor: Pooja Chawla	
336600 Jane E. Lawton CC	9/29 Sa 11:15am - 12:00pm
336603 Potomac CC	9/30 Su 2:45pm - 3:30pm
336602 Ross Boddy CC	10/2 Tu 4:45pm - 5:30pm

**DRAMATIC KIDS!**

Ages 7-10: This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter! Throughout the class, these fine actors will engage in improvisational theater, acting techniques, & scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

10 Sessions	\$129
Instructor: Pooja Chawla	
336598 Ross Boddy CC	9/25 Tu 6:15pm - 7:15pm
336599 Jane E. Lawton CC	9/29 Sa 12:15pm - 1:15pm
336597 Potomac CC	9/30 Su 3:45pm - 4:45pm

**NEW LITTLE STARS**

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. Each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due to the instructor on the first day of class.

10 Sessions	\$118
Instructor: Pooja Chawla	
336620 Potomac CC	9/25 Tu 10:15am - 11:00am
336619 Ross Boddy CC	9/26 W 10:15am - 11:00am
336621 Mid County CC	9/28 F 10:30am - 11:15am
336622 Jane E. Lawton CC	9/29 Sa 10:15am - 11:00am







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## INSTRUCTIONAL SPORTS

### BADMINTON

#### BADMINTON BEGINNER/ADVANCED BEGINNER

Ages 9 and Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

11 Sessions \$89  
Instructor: Gary Chao  
337431 Bauer Drive CC 9/15 Sa 9:30am -10:30am

#### BADMINTON INTERMEDIATE

Ages 12 and Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

11 Sessions \$146  
Instructor: Gary Chao  
337432 Bauer Drive CC 9/15 Sa 10:30am -12:45pm

#### BADMINTON ADVANCED

Ages 12 and Up: Prerequisite Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. \$25 material fee due to instructor.

11 Sessions \$150  
Instructor: Gary Chao  
337430 Bauer Drive CC 9/15 Sa 12:45pm - 1:45pm

### BASKETBALL

#### ONE ON ONE AFTER SCHOOL HOOPS

Ages 6-12. Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions \$100  
Instructor: One on One Basketball  
336613 Potomac ES 9/21 F 3:30pm - 4:30pm  
336618 Woodlin ES 9/21 F 3:30pm - 4:30pm  
336614 Wisconsin Place CC 9/24 M 3:45pm - 5:00pm  
336637 Rosemary Hills ES 9/25 Tu 3:30pm - 4:30pm  
336610 Greenwood ES 9/27 Th 3:05pm - 4:05pm  
336617 Sligo Creek ES 9/27 Th 3:30pm - 4:30pm  
336616 Wayside ES 10/3 W 3:30pm - 4:30pm

#### ADVANCED BASKETBALL ACADEMY

This is a school for those who have some understanding of basketball but more importantly have a strong desire to be good at it. You get the nuances of the game and the game on a level seldom taught. If you want to be a good player, here is where to start. We will work on the 'crossover' and 'two versions' of shooting along with strong side drives and jab step jump shots.

8 Sessions \$135  
Instructor:  
339377 TBA 10/3 W 6:00pm - 7:00pm

#### ADVANCED BASKETBALL ACADEMY BIG MAN

We will learn what I've learned like Hubie Brown's 'the defender can only be on one side' or Adrian Dantley's 'one dribble rule' to go along with up and unders and 'The Mikan Drill'. You get the nuances of the game and the game on a level seldom taught. If you want to be a good post player, here is where to start.

8 Sessions \$135  
Instructor:  
339378 TBA 10/3 W 7:00pm - 7:00pm



**COACH RICH BASKETBALL FOR AGES 8-10**

Ages 8-10: This program for boys and girls is appropriate for all experience and skill levels. Many young players are overwhelmed by the speed and complexity of basketball. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half of each class will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions \$130  
Instructor: Rich Sandler  
336587 Damascus CC 9/11 Tu 5:30pm - 6:30pm

**MD SPORTS HOOP STAR BASKETBALL CLINICS**

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

6 Sessions \$90  
Instructor: Jazz Perazic's MD Sports  
337363 Olney ES 9/19 W 3:30pm - 4:45pm  
337365 Kensington-Prkwd ES 9/21 F 3:05pm - 4:20pm  
337366 Bells Mill ES 9/24 M 3:30pm - 4:45pm

**MD SPORTS ALL STAR SKILLS CLINIC**

Ages 8-17: Jazz Perazic's MD Sports All Star Skills Basketball Clinic. Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions \$150  
Instructor: Jazz Perazic's MD Sports  
337370 Kingsview MS 9/21 F 7:00pm - 9:00pm

**MD SPORTS RIM ROCKERS**

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions \$90  
Instructor: Jazz Perazic's MD Sports  
337369 Bauer Drive CC 9/22 Sa 4:00pm - 5:00pm  
337368 Luxmanor ES 9/24 M 6:00pm - 7:00pm  
337367 Oakland Terrace ES 9/27 Th 6:30pm - 7:30pm

**PLAYER DEVELOPMENT PROGRAM (PDP)**

Ages 6-10: Progressive Skills clinics are divided by age and ability. The Player Development Program is a breakthrough concept in basketball training. Each player is evaluated at the first session to ensure they are participating at the correct color-level for their current ability. The Player Development Program is the best choice for aspiring basketball players because progressive and proven curriculum is used by top-level One on One coaches.

6 Sessions \$125  
Instructor: One on One Basketball  
**Ages 6-8**  
336638 White Oak CC 10/6 Sa 12:00pm - 1:00pm  
**Ages 8-10**  
336639 White Oak CC 10/6 Sa 1:00pm - 2:00pm

**FENCING****FENCING WITH MOHEBBAN BEGINNER I**

Ages 9 and Up : Beginner Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$20 material fee due to instructor.

10 Sessions \$105  
Instructor: Gitty Mohebban  
337777 Frost, Robert MS 9/10 M 5:30pm - 6:30pm  
337778 Clemente, Roberto MS 9/12 W 5:30pm - 6:30pm  
337779 Parkland Middle School 9/14 F 5:30pm - 6:30pm

**FENCING WITH MOHEBBAN BEGINNER II**

Ages 9 and Up: Advanced Beginner: Curriculum will be student skill dependent. \$20 material fee due to instructor.

10 Sessions \$105  
Instructor: Gitty Mohebban  
337827 Frost, Robert MS 9/10 M 6:30pm - 7:30pm  
337828 Clemente, Roberto MS 9/12 W 6:30pm - 7:30pm  
337829 Parkland Middle School 9/14 F 6:30pm - 7:30pm

**FENCING WITH MOHEBBAN INTERMEDIATE**

Ages 9 and Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

10 Sessions \$105  
Instructor: Gitty Mohebban  
337830 Frost, Robert MS 9/10 M 7:30pm - 8:30pm  
337831 Clemente, Roberto MS 9/12 W 7:30pm - 8:30pm  
337832 Parkland Middle School 9/14 F 7:30pm - 8:30pm

**FENCING WITH MOHEBBAN PRACTICES & CLUB**

Ages 13 and Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

10 Sessions \$105  
Instructor: Gitty Mohebban  
337833 Bauer Drive CC 9/15 Sa 1:45pm - 3:15pm





## MORE SPORTS

### TOTAL GOLF ADVENTURES CLASS

Ages 4-12: Kids can get a grip on this wonderful lifetime sport in an extremely fun and non-competitive environment. Each day brings a new adventure in the fundamentals of golf; driving, chipping putting and more! Children are engaged in exciting games and activities which will introduce them to the basics of the sport. Rules, etiquette and safety are also emphasized by trained instructors who are experts in dealing with children who master skills quickly or those who need more attention. All equipment is provided.

6 Sessions \$105

Instructor: Parboy, Inc

336582	Germantown CC	9/24	M	4:00pm - 5:00pm
336585	Potomac CC	9/25	Tu	4:00pm - 5:00pm
336583	Wisconsin Place CC	9/27	Th	4:00pm - 5:00pm
336586	White Oak CC	9/28	F	4:00pm - 5:00pm
336584	Longwood CC	10/3	W	5:00pm - 6:00pm

### **NEW** ONE ON ONE ALL SPORTS

Ages 5-12: Learn the fundamentals in soccer, capture the flag, fun ball, kickball, basketball, and more. Each week One-on-One instructors will focus on a new sport or game. This program is flexible and can be modified based upon student interest in a particular sport/activity.

8 Sessions \$100

Instructor: One on One Basketball

336640	DuFief ES	9/25	Tu	3:15pm - 4:15pm
336641	Jackson Road ES	9/25	Tu	3:15pm - 4:15pm

### GYMNASTICS- GIRLS AND BOYS

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

7 Sessions \$135

Instructor: Gymnastics of America

336579	Gymnastics of America	9/14	F	7:00pm - 8:00pm
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### GYMNASTICS - AGES 5-6

Ages 5-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand; balance beam skills such as front and backward walk and more; bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence

7 Sessions \$135

Instructor: Gymnastics of America

336580	Gymnastics of America	9/14	F	1:45pm - 2:45pm
336581	Gymnastics of America	9/14	F	3:30pm - 4:30pm

## SOCCER

### CHALLENGER SPORTS ADVANCED PLAYER DEVELOPMENT SOCCER

Ages 10-12: Advanced Player Development Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

8 Sessions \$120

Instructor: Challenger Sports British Soccer

337883	Olney Family Park	9/11	Tu	6:00pm - 7:00pm
337884	Meadowbrook Park	9/14	F	6:00pm - 7:00pm
337885	Darnestown Park	9/14	F	6:00pm - 7:00pm

### CHALLENGER SPORTS MINI KICKERS SOCCER

Ages 5-6: Using individual skill-based exercises to increase balance, agility, coordination and confidence. It's the perfect starting point for anyone wanting to define his or her technique or learn for the first time.

8 Sessions \$120

Instructor: Challenger Sports British Soccer

337877	Olney Family Park	9/11	Tu	4:00pm - 5:00pm
337878	Meadowbrook Park	9/14	F	4:00pm - 5:00pm
337879	Darnestown Park	9/14	F	4:00pm - 5:00pm

### CHALLENGER SPORTS PLAYER DEVELOPMENT SOCCER

Ages 6-9: Player Development Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

8 Sessions \$120

Instructor: Challenger Sports British Soccer

337880	Olney Family Park	9/11	Tu	5:00pm - 6:00pm
337881	Meadowbrook Park	9/14	F	5:00pm - 6:00pm
337882	Darnestown Park	9/14	F	5:00pm - 6:00pm



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## INSTRUCTIONAL WINTER BASKETBALL (K-2)

This Non-competitive league for beginners emphasizes basic skills and fundamentals of basketball, fun and good sportsmanship. Teams are assigned to the closest available gym. Includes four practices at the location and time you are placed and four low key scrimmages. Scrimmages may be played at alternate sites, at varying times, but on the assigned day.

Players who register as individuals will be assigned to teams as space allows. Placement of individuals is contingent on sufficient registrations to form a team and recruitment of a volunteer coach.

To register a preformed team, you must call 240-777-6870 for a coach's packet, or go to our website at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) then submit an official roster with registration forms and payment for a minimum of 8 and a maximum of 12 players from the same private school or MCPS elementary school district, and a volunteer coach. NOTE: MCRD reserves the right to add players to rosters.

After teams have been formed, coaches will contact players on/or before the first practice of the season to confirm location and time.

**Practices begin the weekend of January 5 & 6, 2013.**

FEE: \$75.00 Per Player (County residents)

\$90.00 (Non-County residents)

Fee includes eight one-hour sessions, team shirt and individual trophy.

Instructional teams may be scheduled hourly as follows:

Saturdays: 9:00am - 6:00pm

Sundays: 12:00pm - 6:00pm

\*North: Poolesville, Germantown, Gaithersburg, Damascus, etc.

\*West: Potomac, Bethesda, Chevy Chase, North Potomac, Kensington, Rockville, etc.

\*East: Silver Spring, Wheaton, Briggs Chaney, Olney, Burtonsville, etc.

### KINDERGARTEN

340478	Boys	Saturday	North
340481	Boys	Saturday	West
340490	Boys	Saturday	East
340476	Girls	Saturday	North
340479	Girls	Saturday	West
340488	Girls	Saturday	East

### 1ST GRADE

340470	Boys	Saturday	North
340471	Boys	Saturday	West
340472	Boys	Saturday	East
340477	Boys	Sunday	West
340473	Girls	Saturday	North
340474	Girls	Saturday	West
340475	Girls	Saturday	East
340480	Girls	Sunday	West
340491	Girls	Sunday	West

### 2ND GRADE

340482	Boys	Saturday	North
340483	Boys	Saturday	West
340484	Boys	Saturday	East
340489	Boys	Sunday	West
340485	Girls	Saturday	North
340486	Girls	Saturday	West
340487	Girls	Saturday	East
340491	Girls	Sunday	West





## YOUTH WINTER BASKETBALL (GRADES 3-8)

Separate leagues for boys and girls for each grade. Teams standing are not recorded in 3rd grade leagues. Minimum playing time for 3rd grade thru 6th grade, two quarters, 7th grade and 8th grade one quarter minimum.

Program emphasis is on skill development, fundamental strategy and sportsmanship. Players who register as individuals will be assigned to a beginner team closest to their school or neighborhood, as space allows. Placement of individuals on a team is contingent upon sufficient registration to form a team and recruitment of a volunteer coach.

Registration deadline: NOVEMBER 9, 2012. (Note: MCRD reserves the right to add players to rosters with less than the maximum).

After teams have been formed, coaches will contact players on or before DECEMBER 3, 2012 to announce practice schedules and locations.

Teams may have no more than 3 players on their roster who participate on any select team, including Rising Stars (MCPS middle school basketball players are exempt).

Games begin the weekend of JANUARY 5, 2013.

Please Note: For each league, a player must be enrolled in at least the lowest grade listed. Players may "play up" one grade when they meet the minimum requirements. Example: A 4th grade student may register in the 5th grade league; however, players may not register in a league below their grade level. Players may register for only one MCRD league, except as noted. Players may not wear (or cover over) jewelry of any type.

3rd Grade - 5th Grade FEE: \$80 per player (\$95 NR)

6th Grade - 8th Grade FEE: \$95 (\$120 NR)

### DOWN COUNTY - BETHESDA

339428	Boys	3rd Grade	Sunday
339430	Boys	4th Grade	Sunday
339432	Boys	5th Grade	Sunday
339434	Boys	6th Grade	Sunday
339436	Boys	7th Grade	Sunday
339438	Boys	8th Grade	Sunday
339429	Girls	3rd Grade	Saturday
339440	Girls	3rd Grade	Sunday
339431	Girls	4th Grade	Saturday
339441	Girls	4th Grade	Sunday
339433	Girls	5th Grade	Saturday
339435	Girls	6th Grade	Sunday
339437	Girls	7th Grade	Sunday
339439	Girls	8th Grade	Saturday

### DOWN COUNTY - POTOMAC

339533	Boys	3rd Grade	Saturday
339535	Boys	4th Grade	Saturday
339537	Boys	5th Grade	Saturday
339539	Boys	6th Grade	Saturday
339541	Boys	7th Grade	Sunday
339543	Boys	8th Grade	Saturday
339534	Girls	3rd Grade	Saturday
339536	Girls	4th Grade	Saturday
339538	Girls	5th Grade	Saturday
339540	Girls	6th Grade	Saturday
339542	Girls	7th Grade	Sunday
339544	Girls	8th Grade	Saturday

### UPPER/EAST COUNTY

339460	Boys	3rd Grade	Saturday
339462	Boys	4th Grade	Saturday
339464	Boys	5th Grade	Saturday
339466	Boys	6th Grade	Saturday
339468	Boys	7th Grade	Saturday
339470	Boys	8th Grade	Saturday
339461	Girls	3rd Grade	Saturday
339463	Girls	4th Grade	Saturday
339465	Girls	5th Grade	Saturday
339467	Girls	6th Grade	Saturday
339469	Girls	7th Grade	Saturday
339471	Girls	8th Grade	Saturday

### MID/EAST COUNTY

339448	Boys	3rd Grade	Saturday
339450	Boys	4th Grade	Saturday
339452	Boys	5th Grade	Saturday
339454	Boys	6th Grade	Saturday
339456	Boys	7th Grade	Saturday
339458	Boys	8th Grade	Saturday
339449	Girls	3rd Grade	Saturday
339451	Girls	4th Grade	Saturday
339453	Girls	5th Grade	Saturday
339455	Girls	6th Grade	Saturday
339457	Girls	7th Grade	Saturday
339459	Girls	8th Grade	Saturday

### UPPER/WEST COUNTY

339473	Boys	3rd Grade	Saturday
339475	Boys	4th Grade	Saturday
339477	Boys	5th Grade	Saturday
339479	Boys	6th Grade	Saturday
339481	Boys	7th Grade	Saturday
339483	Boys	8th Grade	Saturday
339472	Girls	3rd Grade	Saturday
339474	Girls	4th Grade	Saturday
339476	Girls	5th Grade	Saturday
339478	Girls	6th Grade	Saturday
339480	Girls	7th Grade	Saturday
339482	Girls	8th Grade	Saturday

HOOP  
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UP

*Elementary students will play in the region based on their middle school cluster.*

\* Down County-Bethesda includes N. Bethesda MS, Pyle MS, Tilden MS, and Westland MS.

\* Down County-Potomac includes Cabin John MS, Frost MS, and Hoover MS.

\* Mid /East County includes Argyle MS, Banneker MS, Briggs Chaney MS, Eastern MS, Farquhar MS, Key MS, Lee MS, Loiderman MS, Newport MS, Parkland MS, Rosa Parks MS, Redland MS, SSI, Sligo MS, Takoma Park MS, White Oak MS and Wood MS.

\* Upper/East County includes Baker MS, Damascus MS, Gaithersburg MS, Neelsville MS, Rocky Hill MS and Shady Grove MS.

\*Upper/West County includes Clemente MS, Kingsview MS, MLK MS, Montgomery Village MS, Poole MS, and Ridgeview MS.

# HIGH SCHOOL WINTER BASKETBALL

Practices begin December 1st and Games begin January 5th & 6th.

Each League will have an intermediate and advanced division. Teams must play in the grade level of their oldest player. Please indicate on your registration form the grade level of your team, boys or girls, intermediate or advanced. The league director reserves the right to place a team in the appropriate division based on last year's record.

Intermediate Level - Finished below 500 the prior season - one or less select player on roster.

Advanced Level - Finished above 500 the prior season - no more than 3 select players on roster

FEES: \$800 per team / Non-County fee \$920 (50% of roster lives out of county)

The fee includes 2 IAABO officials for 8 games, practice, game shirts, staff, and the facility for games, awards and game equipment.

## GAME DAYS

Saturdays (9am-6pm) All Girls Leagues/10th and 12th Grade Boys

Sundays (12pm-6pm) 9th and 11th Grade Boys

## REGISTRATION

All team registration forms and full payment must be in the Montgomery County Department of Recreation's Registration Office no later than Friday, November 9th 2012. The following items are required:

A. Team Registration Form - all pertinent information must be filled out including detailed information on the main contact and a phone number for a 2nd adult from the team. You can also use the form to pay the league fee by credit card.

B. Roster - Please fill out the roster and return it to the league office with your registration form. Practices times will be given out after your roster and registration forms are received. Additions and or deletions can be made to this roster before the 3rd game.

C. Individual Player Registration Forms - each player must have a registration form completed and signed by their parent. The registration form must be in the league office before that player can participate in a league game.

D. Standards for Spectator Behavior - both parents and or guardians must carefully read this information and sign on the bottom of the document. The form must be in the league office before the player can participate in a league game.

## LEAGUE RULES AND ELIGIBILITY

(Teams that play in the advanced division may have no more than 3 select players on there roster. A minimum of 8 players are required to have a team with a maximum of 12)\* A select player plays on a team with tryouts - school JV or varsity. No jewelry of any kind may be worn during the game.\*

### INTERMEDIATE

339412 9th Grade Girls  
339413 9th Grade Boys  
339416 10th Grade Girls  
339417 10th Grade Boys  
339420 11th Grade Girls  
339421 11th Grade Boys  
339424 12th Grade Girls  
339425 12th Grade Boys

### ADVANCED

339414 9th Grade Girls  
339415 9th Grade Boys  
339418 10th Grade Girls  
339419 10th Grade Boys  
339422 11th Grade Girls  
339423 11th Grade Boys  
339426 12th Grade Girls  
339427 12th Grade Boys







## KOA YOUTH FALL SOFTBALL & BASEBALL (GRADES 2-7)

LOCATION FOR PRACTICES AND GAMES WILL BE CONTINGENT UPON SUFFICIENT REGISTRATION FOR EACH AREA. GEOGRAPHICAL AREA INDICATED BELOW:

### MID/EAST AREA:

ASPENHILL, BURTONSVILLE, COLESVILLE, OLNEY, SILVER SPRING, TAKOMA PARK, WHEATON, AND WHITE OAK.

### DOWN COUNTY AREA:

BETHESDA, CHEVY CHASE, KENSINGTON, NORTH BETHESDA, AND POTOMAC.

### GIRLS SOFTBALL DOWN COUNTY AREA

Grade 2nd thru 7th Girls Softball programs, managed by KOA Sports League, with a focus on fun, safety, and good sportsmanship. The program will meet one day during the week for instructional practice and games on the weekend either Saturday or Sunday for 7 weeks.

7 Sessions				\$135
339484 TBA	9/15	Sa	9:00am - 5:00pm	
339485 TBA	9/15	Sa	9:00am - 5:00pm	
339486 TBA	9/15	Sa	9:00am - 5:00pm	
339747 TBA	9/16	Su	12:00pm - 6:00pm	
339748 TBA	9/16	Su	12:00pm - 6:00pm	
339749 TBA	9/16	Su	12:00pm - 6:00pm	

### GIRLS SOFTBALL MID/EAST AREA

2nd Grade thru 7th Grade Girls Softball programs, managed by KOA Sports League, with a focus on fun, safety, and good sportsmanship. The program will meet one day during the week for instructional practice and games on the weekend either Saturday or Sunday for 7 weeks.

7 Sessions				\$135
339750 TBA	9/15	Sa	9:00am - 6:00pm	
339751 TBA	9/15	Sa	9:00am - 6:00pm	
339752 TBA	9/15	Sa	9:00am - 6:00pm	
339753 TBA	9/16	Su	12:00pm - 6:00pm	
339754 TBA	9/16	Su	12:00pm - 6:00pm	
339755 TBA	9/16	Su	12:00pm - 6:00pm	

### BOYS BASEBALL DOWN COUNTY AREA

2nd Grade thru 7th Grade Boys Baseball programs, managed by KOA Sports League, with a focus on fun, safety, and good sportsmanship. The program will meet one day during the week for instructional practice and games on the weekend either Saturday or Sunday for 7 weeks.

7 Sessions				\$135
339756 TBA	9/15	Sa	9:00am - 6:00pm	
339757 TBA	9/15	Sa	9:00am - 6:00pm	
339758 TBA	9/15	Sa	9:00am - 6:00pm	
339759 TBA	9/16	Su	12:00pm - 6:00pm	
339760 TBA	9/16	Su	12:00pm - 6:00pm	
339761 TBA	9/16	Su	12:00pm - 6:00pm	

### BOYS BASEBALL MID/EAST AREA

2nd Grade thru 7th Grade Boys Baseball programs, managed by KOA Sports League, with a focus on fun, safety, good sportsmanship. The program will meet one day during the week for instructional practice and games on the weekend either Saturday or Sunday for 7 weeks

7 Sessions				\$135
339762 TBA	9/15	Sa	9:00am - 6:00pm	
339763 TBA	9/15	Sa	9:00am - 6:00pm	
339764 TBA	9/15	Sa	9:00am - 6:00pm	
339765 TBA	9/16	Su	12:00pm - 6:00pm	
339766 TBA	9/16	Su	12:00pm - 6:00pm	
339767 TBA	9/16	Su	12:00pm - 6:00pm	



## 19 YOUTH FALL FLAG FOOTBALL (GRADES K-8)

PRACTICES AND GAMES WILL BE HELD IN THE UPPER COUNTY AREA.

### UPPER COUNTY AREA:

CLARKSBURG, DAMASCUS, GAITHERSBURG, AND GERMANTOWN

### YOUTH FLAG FOOTBALL

Ages 4-12: Flag Football programs that focus on fun, safety, and good sportsmanship. The program will meet either every Saturday or Sunday for 8 weeks for instructional practice and play

8 Sessions				\$145
339772 TBA	9/8	Sa	9:00am - 4:00pm	
339773 TBA	9/8	Sa	9:00am - 4:00pm	
339774 TBA	9/8	Sa	9:00am - 4:00pm	
339775 TBA	9/8	Sa	9:00am - 4:00pm	
339776 TBA	9/8	Sa	9:00am - 4:00pm	
339777 TBA	9/8	Sa	9:00am - 4:00pm	
339778 TBA	9/8	Sa	9:00am - 4:00pm	
339779 TBA	9/8	Sa	9:00am - 4:00pm	
339780 TBA	9/8	Sa	9:00am - 4:00pm	

**Softball Teams are registering now!**

# **Batter Up!**

- **Register as a team**
- **Playing Men, Women, CoRec  
Leagues for Adults and Seniors**
- **Play begins in September**

**Don't get left on the bench - Register Today!**

For more information visit us at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
or contact Countywide Programs Office at (240) 777-6870.





# TEENS

Countywide 240-777-6870

## After-School Fun Sports Academies

Join your friends for after-school fun at Blair, Einstein, Paint Branch, Wheaton or Springbrook. Basketball, Soccer and special events keep teens connected during out-of-school hours. Homework help is also available.

## RecExtra...For Middle Schools

Not ready for the day to end? Need a little more time with your friends? RecExtra, available at a limited number of MCPS Middle Schools, offers sports, arts, babysitting instruction, step dance and other fun, engaging activities. Check with your school's After-School Activities Coordinator for more information.

## Exciting Events! After-Hours Middle School Fun

Spend time with your friends at the After-Hours program! Enjoy dancing, sports, video games and special events at your neighborhood recreation center.

## Teen Escape Club

### *Where Artists Play*

This East County Teen Event offers a safe youth space for fun and creativity. Open Mic Nights, Talent Shows, Contests and prizes are all a part of the fun for High School Montgomery County Teens! Visit our website for more information!

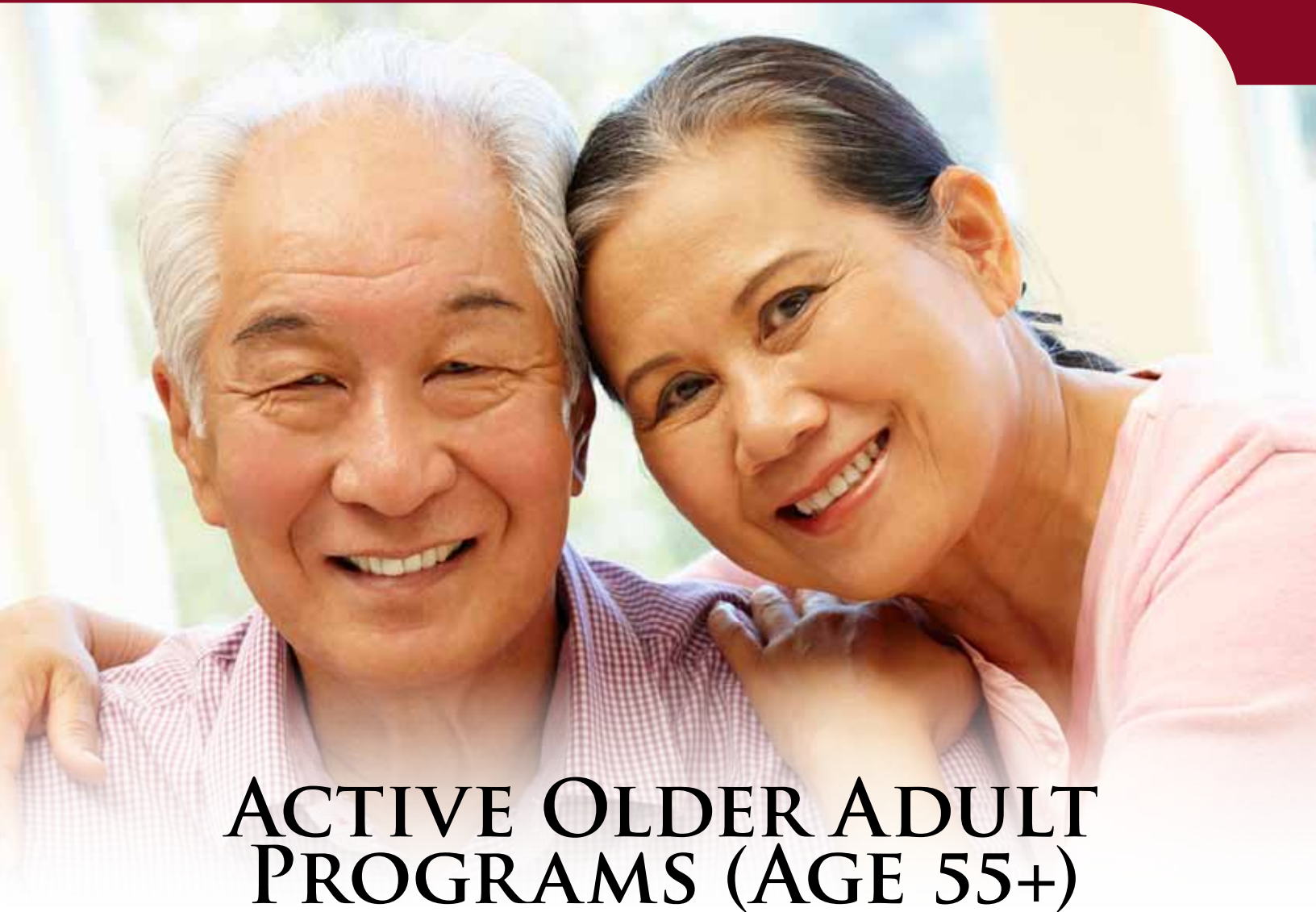
## Youth Advisory Committee

### *Lead and Serve*

### *Make a Difference!*

Speak up! Get involved! The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Members meet at the Regional Service Centers. Applications are due in the Fall. Teens CAN make a difference!





# ACTIVE OLDER ADULT PROGRAMS (AGE 55+)

## FALL 2012

Montgomery County Recreation has many diverse ways for Boomers and older adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your Fall line up!

## SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They also provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

### DAMASCUS SENIOR CENTER

(M-W&F, 9:00am-2:00pm, Th 9:00am-4:00pm)  
9701 Main Street, Damascus  
240-777-6995

### HOLIDAY PARK SENIOR CENTER

(M-F, 8:45am-4:00pm)  
3950 Ferrara Drive, Wheaton  
240-777-4999

### LONG BRANCH SENIOR CENTER

(M-F, 10:00am-2:00pm)  
8700 Piney Branch Road, Silver Spring  
240-777-6975

### MARGARET SCHWEINHAUT SENIOR CENTER

(M-Th, 8:15am-4:00pm, F CLOSED, Sat 9:00am-3:00pm)  
1000 Forest Glen Road, Silver Spring  
240-777-8085

### WHITE OAK SENIOR CENTER

(M-F, 9:00am-3:00pm)  
1700 April Lane, Silver Spring  
240-777-6944





## 55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs (formerly called Neighborhood Senior Programs) in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our groups are diverse and offer exciting programs for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes are offered at a number of locations. Everything from lectures on current events to Art History and Art Appreciation classes are offered.

Check us out at any of our locations. We're sure to have something for everyone!

Our locations, days & times include:

### BAUER DRIVE SENIORS

M & W 10:00am-2:00pm  
Bauer Drive Community Center  
14625 Bauer Drive, Rockville  
240-777-6922

### BETHESDA/CHEVY CHASE SENIORS

M & W 10:00am-2:00pm  
Jane E. Lawton Community Center  
4301 Willow Lane, Chevy Chase  
240-777-6855

### CLARA BARTON SENIORS

Mon. & Wed. 10:00am-2:00pm  
Clara Barton Community Center  
7425 MacArthur Blvd., Cabin John  
301-229-0010

### CLARKSBURG SENIORS\*\*

Community of Faith United Methodist Church  
22420 Frederick Road, Clarksburg  
301-916-3899

### COFFIELD SENIORS

Tues., Wed. & Thurs. 10:00am-2:00pm  
Gwendolyn Coffield Community Center  
2450 Lyttonsville Road, Silver Spring  
240-777-4900

\*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

### EAST COUNTY SENIORS\* +

Tues. & Fri. 10:00 am-2:00pm  
East County Community Center  
3310 Gateshead Manor Way, Silver Spring  
240-777-8093

### GERMANTOWN SENIORS +

Mon. & Thurs. 10:00am-2:00pm  
Germantown Community Center  
18905 Kingsview Road, Germantown  
240-777-8098

### LONGWOOD/OLNEY SENIORS

Mon. & Wed. 10:00am-2:00pm  
Longwood Community Center  
19300 Georgia Avenue, Brookeville  
240-777-6920

### MID-COUNTY SENIORS\*

Tues. & Thurs. 10:30am-2:30pm  
Mid-County Community Center  
2004 Queensguard Road, Silver Spring  
240-777-6820

### POTOMAC SENIORS

Tues. 10:00am-2:00pm & Fri. 10:00am-1:00pm  
Potomac Community Center  
11315 Falls Road, Potomac  
240-777-6960

### PRAISNER SENIORS \* +

Tues. & Thurs. 10:00am-2:00pm  
Marilyn J. Praisner Community Center  
14906 Old Columbia Pike, Burtonsville  
240-777-4970

### ROSS BODDY/SANDY SPRING SENIORS \* +

Wed. & Thurs. 10:00am-2:00pm  
Ross Boddy Community Center  
18529 Brooke Road, Sandy Fall  
240-777-8050

**+ LIMITED TRANSPORTATION AVAILABLE ON PROGRAM MEETING DAYS.**

**\* INCLUDES A NUTRITION LUNCH PROGRAM ON MEETING DAYS.**

**\*\* THIS PROGRAM IS IN PARTNERSHIP BETWEEN MCR AND THE COMMUNITY OF FAITH UMC.**

## BONE BUILDERS GROWING LIKE CRAZY!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here are the community center locations we are currently offering classes at:

Mid County	Tues and Thurs	1:00pm - 2:00pm
Lawton	Tues and Thurs	9:15am - 10:15am
Potomac	Tues and Thurs	9:00am - 10:00am
	Tues and Thurs	10:00am - 11:00am
Coffield	Tues and Thurs	9:30am - 10:15am
Wisconsin Place	Mon and Thurs	10:00am - 10:45am
	Tues and Thurs	11:15am - 12:00pm

## GET YOUR FLU SHOTS EARLY!

Flu shots will be given by Med Star through out the Active Adult 55+ program network this fall. Choose a site closest to you:

Clara Barton	Sept 19	11:00am-1:00pm
Coffield	Sept 13	9:30am - 11:30am
East County	Oct 5	10:00am-12:00pm
Germantown	Sept 27	10:00am-12:00pm
Potomac	Sept 14	11:00am-3:00pm
Praisner	Sept 20	10:00am - 12:00pm
Lawton	Sept 12	11:00am-1:00pm
Ross Boddy	Sept 26	10:00am-12:00pm
White Oak	Sept 21	11:00am-1:00pm
Provided by Adventist Health		
Longwood	Sept 17	11:00am-1:00pm
Mid County	Sept 11	11:00am-1:00pm

## FALLS PREVENTION DAY...

... is the first day of Fall, September 22

Events through the county will highlight this very dangerous problem with many preventative events.

## POTOMAC COMMUNITY CENTER PROGRAMS:

### GRANDPARENTS DAY CELEBRATION

Friday, September 7, 2012 11:30-1:30

### OPEN HOUSE

Friday, October 12, 2012 10:30-12:30

### CELEBRATE THANKSGIVING

Friday, November 9, 2012 11:30-1:30

### POTOMAC COMMUNITY CENTER FOOD DRIVE

To benefit the Manna Food Center - October 29, 2012 - November 30, 2012

Please drop your foods off at the front desk.

## WHITE OAK SENIOR CENTER OPENS!!

This 5 day-a-week Senior Center began with a 3-day a week Nutrition program and many fledgling events. The Senior Center hours are Monday-Friday 9:00 a.m. to 3:00 p.m., but we will be offering some evening programs as well so that Active Adults can register for a class after work or when their schedule allows. We want to try some new things here, so your ideas and suggestions are appreciated. Here are a few of the things we are offering right now:

### SENIOR FIT EXERCISE CLASS

(co-sponsored with Holy Cross Hospital) Tuesdays and Fridays from 9:00am - 9:45am.

### MONTGOMERY COLLEGE LIFE LONG LEARNING CLASSES:

Opera Appreciation - Begins Monday, Sept 10 for 5 weeks

Scenes from the Opera - Begins Mon, Oct 22 for 5 weeks

Citizenship Class - Begins, Monday, Oct 1 for 9 weeks, from 10:00am -12:00pm. The cost is \$45 and you must register with Montgomery College.

### WII BOWLING

Join the competition to crown a new national champion and see how White Oak stacks up

### AARP DRIVING CLASS

### CREATE FOR A CAUSE

Use your creative skills and craft knowledge to make items to enhance lives of people who are ill, in the military or homeless

### SINGLES CLUB

Singles who enjoy eating out as a social experience.

Explore restaurants in the area as a group by van or cars.

Other classes/ lectures in the works include:

### WHO WANTS TO GET BACK ON A BIKE?

### FUN COOKING/ NUTRITIOUS COOKING

### LINE DANCING

### EXPLORE THE BEAUTY OF THE QUILT

### HELP A CHILD LEARN TO READ

Have any of these sparked some interest? If so, please call us for more information at 240-777-6944.

## MID COUNTY COMMUNITY CENTER PROGRAMS:

### SOUL LINE DANCING

Tuesdays at 10:00am

### BALLROOM DANCING

the 3rd Thursday of the month at 1:00pm

CALL 240-777-6820 FOR MORE INFO.







## SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers (CC) offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

### SENIOR FIT

A partnership with Holy Cross Hospital, and Montgomery County Recreation. These free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

Bauer CC - M, W, 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am

Ross Boddy CC - T, Th, 9:00am-9:45am

Coffield CC - T, Th, 10:30am-11:15am

East County CC - M, W, F, 10:45am-11:30am

Germantown CC - T, 1:45pm-2:30pm, Th, 11:30am-12:15pm

Long Branch SC - M, W, 12:00pm-12:45pm

Mid-County CC - F, 11:00am-11:45am

Praisner CC - M-F, 9:00am-9:45am, M, W, F, 10:00am-10:45am

Schweinhaut SC - M, W, 8:30am-9:15am and 9:30am-10:15am  
T, Th, 9:00am-9:45am, Sa, 9:30am-10:15am

Wheaton CC - M, W, 11:00am-11:45am

White Oak CC - T, F, 9:00am-9:45am

### SENIOR SHAPE

A partnership between Suburban Hospital and Montgomery County Recreation. These classes provide strength, flexibility, and aerobic exercise training. You must have a doctor's permission and there is a \$30 fee for 3 months.

Classes are currently being offered at Clara Barton, Potomac and Lawton Community Centers. Call Suburban Hospital at 301-896-3939 or the centers for more information.

Like Montgomery County Recreation on Facebook



follow @mocorec on

twitter



## OTHER COUNTY RECREATION AND EDUCATION RESOURCES FOR OLDER ADULTS:

- The Lifelong Learning Institute of Montgomery College provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit [www.montgomerycollege.edu](http://www.montgomerycollege.edu) or call 240-567-1828 for more information.
- Jewish Council for the Aging, [www.accessjca.org](http://www.accessjca.org) offers numerous programs for older adults.
- Senior Info Pages at: [montgomerycountymd.gov/seniors](http://montgomerycountymd.gov/seniors). For telephone assistance and information, call the Senior Resource Line at 240-777-3000.
- OASIS offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.
- VOLUNTEER: Visit the Montgomery County Volunteer Center at [montgomerycountymd.gov/volunteer](http://montgomerycountymd.gov/volunteer)

### SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

## SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details. The Senior Sneakers Program is available at the following Community Centers:



CLARA BARTON CC  
DAMASCUS CC  
LONG BRANCH CC  
MARILYN J. PRAISNER CC  
WISCONSIN PLACE CC

BAUER DRIVE CC  
EAST COUNTY CC  
LONGWOOD CC  
UPPER COUNTY CC

ROSS BODDY CC  
GERMANTOWN CC  
MID-COUNTY CC  
WHEATON CC

COFFIELD CC  
LAWTON CC  
POTOMAC CC  
WHITE OAK CC

# SPECIAL ACTIVITIES AND EVENTS

## DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD  
240-777-6995

Hours: M, Tu, W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where lunches are served every weekday.

### ZUMBA GOLD DEMONSTRATION

Tuesday, September 4, 2012, 11:00am

ZUMBA Gold is a 1 hour, low impact, high energy class made for active Seniors. If you like or love salsa, meringue, and other Latin dancing you will love this class. One of the best workouts you will ever participate in! Sessions are 1 class a week for 8 weeks. Cost : \$30.00. Registration and payment for class is at Damascus Senior Center. Checks payable to "DSCSI."

### THE GOLDEN AIRES BAND

Wednesday, September 12, 2012, 1:00pm

The Golden Aires who plays music from the big band era of the 1930's and 40's will be here to entertain our seniors. Cost: FREE

### CHOLESTEROL SCREENING

Wednesday, September 26, 2012, 9:30am - 11:30am.

Shady Grove Hospital will have its screening here at Damascus Senior Center. You must register in advance by phone 1-800-542-5096 There is no drop-in registration.

### SINGER DAVE ANDERSON

Wednesday September 26, 2012, 1:00pm.

Dave Anderson is performing at the Damascus Senior Center for the first time. Come and welcome him as he sings some wonderful songs. COST: FREE

### ICE CREAM SOCIAL

Thursday October 11, 2012, 1:00pm.

The Damascus Senior Center Sponsors Inc (DSCSI) will sponsor today's intergenerational Ice Cream Social. Seniors should bring their grandchildren for some ice cream and social fun. Cost: Free

### MONARCH HEARING AND BALANCE SCREENING

Wednesday October 24, 2012, 12:30pm

Monarch Hearing and Balance will have its semi-annual screenings at the Damascus Senior Center. Please sign up at the front desk or call 240-777-6995. Cost: FREE

### HALLOWEEN LUNCHEON

Wednesday, October 31, 2012, Noon

The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 - 59 is \$7.00, 60+ Donations requested.

### ANNA PAPPAS "A CLASS ACT"

Wednesday, October 31, 2012, 1:00pm

Celebrating Halloween Anna Pappas will be here to perform "A Class Act." Cost: FREE

### CHEF SUE'S HOLIDAY LUNCHEON

Thursday, November 8, 2012, Noon

The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 - 59 is \$7.00, 60+ Donations requested.

### HOLIDAY CHEER AND MEMORIES

Thursday November 8, 2012, 1:00pm

Christiana Drapkin and her Trio will perform some wonderful tunes for the up and coming Holidays. Cost: FREE

### DOCCS THANKSGIVING DINNER

Thursday November 15, 2012, 5:30pm - 7:30pm

The Development of Characters and Careers (DOCCS) in partnership with the Damascus Senior Center will host its annual Thanksgiving Day dinner in the Damascus High School Cafeteria. When signing up for the dinner there is a \$10.00 cost and \$5.00 will be refunded when present at the dinner.

### *Flu Shots By Shady Grove Hospital*

October And November

Date And Time To Be Announced

Flu Shots Cost Is \$25.00 Or A Medical  
Insurance Card

Please Call Damscus Senior Center

For More Information

240-777-6995







## HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD  
240-777-4999

Hours: 8:45am-4:00pm, M-F

The Center has social and educational programs every day with programs and classes in exercise, music, art, dance, travel, health and consumer education, plus drop-in discussions on the news and current events. Call for session dates, registration information and fees or visit us on the web at [holidaypark.us](http://holidaypark.us).

### HEALTH AND WELLNESS

#### ARTHRITIS: TAKING AWAY THE PAIN

Thursday, September 13, 1:15 p.m.

Sponsored by Suburban Hospital

#### FLU SHOT CLINIC

Thursday, Sept. 27, 10:00 a.m. to 2:00 p.m.

By MedStar. Free with Medicare, Part B.

#### PROCESSED, FROZEN, FRESH, ORGANIC: WHAT DOES IT ALL MEAN?

Tuesday, October 9, 1:15 p.m.

Sponsored by Adventist HealthCare

#### THE OLDER EYE: UNDERSTANDING YOUR AGING EYE SIGHT

Monday, October 15, 1:15 p.m.

Sponsored by The Prevention of Blindness Society of Greater Washington.

### SOUNDS OF THE SEASON

#### ETERNAL LOVE SONGS

Tuesday, September 4 & Thursday, Sept. 6

1:15 - 2:30 p.m. FREE.

Presented by music historian Irv Chamberlain. Listen to the music and learn the stories behind the composers and the singers who made us love them.

#### TAKE TWO: DONNA & ROSS MILLER

Friday, September 14

FEE: \$1.00 at the door.

Back by popular demand this duo plays five instruments between them and whether you want to just listen to the music or get up and dance, it is all from the American Songbook of favorites.

#### COUNTRY ROADS OF AUTUMN: SINGER/SONGWRITER AND GUITARIST STEVE GELMAN

Thursday, October 4, 1:15 p.m.

FEE: \$1.00 at the door. New York Songs

#### MUSIC HISTORIAN IRV CHAMBERLAIN

Thursdays, October 11 & 18, 1:15 p.m.

Listen to the sounds of the great music about NY. Free.

#### SINGER/PIANIST MR. DALE JARRETT

Tuesday, October 16, 1:15 p.m.

Broadway Show Tunes Through the Years. \$1.00 at the door.

#### HALLOWEEN HOOT WITH THE NIGHT AND DAY BAND

Wednesday, October 31, 1:15 - 3:15 p.m.

Costumes are welcome but not required. Goody gift bags for all. FEE: \$3.00 at the door.

#### ISIS: FLUTE AND HARP

Thursday, November 8, 1:15 p.m.

Amy Thomas on Flute and Michelle Lundy on Harp. Free.

#### SINGER/GUITARIST ELLIS WOODWARD

Monday, November 12, 1:15 p.m.

Ellis sings popular standards from the 40s to the 90s. Free.

#### STEFFI OFFUTT TRIO

Thursday, December 13, 1:15 p.m.

Sings songs of the season. \$1.00 at the door.

### LECTURES AND LEARNING

#### FOREVER BLOOMING

Tuesday, October 2, 1:15 p.m. Free

Late Bloomers - Aging well is something we all strive for. Program planners from Activities to Go take us on a journey into the lives of some of the most well know newsworthy late bloomers, including Golda Meir, Colonel Sanders, Winston Churchill, Coco Chanel and more.

#### VOODOO IN WEST AFRICA

Monday, October 8, 1:15 p.m.

Presented by Videographer Sandy Cohen. Free

#### GLOBALIZATION: WHEN DID IT START AND WHERE WILL IT GO?

Tuesdays, October 23 & October 30, 1:15 p.m.

Presented by Dave Rowland. Free

#### HUMOR AND THE BRAIN

Tuesday, November 13, 1:15 p.m.

Presented by MindRamp

### DANCE CLUB FRIDAY

Fridays, 1:15-3:15 p.m.

FEE: \$5.00 at the door.

Live music, meet new friends, everyone is welcome, light refreshments are served at the break.

September 7 - Music by Mike Surratt

September 21 - Music by Mark Hanak

October 12 - Music by Mark Hanak

October 19 - Music by the Retro Rockets

October 26 - Music by the John Brown Band

November 2 - Music by the Retro Rockets

November 9 - Music by Mike Surratt

November 16 - Music by Mark Hanak

December 7 - Music by Mike Surratt

#### Holiday Park Seniors, Inc. Classes

Tai Chi ❖ Zumba Gold  
Zumba ❖ Wake Up Call  
Yoga ❖ Line Dancing  
Bone Building  
Strength Training  
Chair Fitness  
Bollywood Dance and  
Yoga  
Ballroom Dancing  
Call 240-777-4999  
for Fall session  
information.



## LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD  
240-777-6975

Hours: 10:00am-2:00pm, M-F

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us!

### SPANISH CLASSES

Native Speaker and Volunteer, Waldo Pinto, teaches Spanish 3 days per week:

Mondays: 11 - 12, Conversation

Wednesdays 12 - 1, Beginning

Fridays 12 - 1, Advanced

All Classes are free.

### WALKING WEDNESDAYS

Join us as we walk the 1/3 mile asphalt path around the field behind the center. The route begins in our garden and includes a short hill. For indoor lovers, walk the perimeter of the gym, mornings from 10 - 12.

### BLOOD PRESSURE SCREENINGS

The second Monday of every month, Adventist Healthcare offers free blood pressure screening, from 10:30 - 12:30.

### GARDEN LOVERS WANTED !!

Help us maintain and harvest our fall crop of vegetables in the senior center garden. Samples will be for sale and all proceeds are used for garden supplies. You are also welcome to sit and enjoy the flowers and wildlife.

### FALL PARTIES

Anniversary Party: Thursday Sept. 27th

Hispanic Heritage Celebration: Wed. Oct. 24

Volunteer Thanks and Thanksgiving: Thursday Nov. 15th

follow @mcorec on

twitter



Like Montgomery County  
Recreation on  
Facebook



## MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD  
240-777-8085

Hours: 8:15am-4:00pm Monday-Thursday

Closed Friday

9:00am-3:00pm Saturday

The Margaret Schweinhaut Senior Center is a welcoming, colorful upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives - ceramics, painting, woodworking, quilting, knitting, origami, and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

### MUSIC, MAESTRO, IF YOU PLEASE.....

#### MUSIC FROM AROUND THE WORLD: BILL DAVIS

Monday, September 10, 1 p.m.

Bill Davis presents an engaging musical program sharing music from around the world. Enjoy this lively presentation, upbeat, funny, inspirational, and educational. You will leave wanting more. Presented by National Theatre Community Vaudeville Program. Free.

#### KLEZMER MUSIC AND A FRAYLOCH TIME

Wednesday, September 19, 1 p.m.

Welcome Seth Kibel, one of the Mid-Atlantic's premier woodwind specialists. Wowing audiences on saxophone, clarinet and flute, this multitalented musician has made a name for himself throughout the country. Come and enjoy the energetic renditions of this fantastic musician. Free. Donations happily accepted.

#### GOOD TIMES SHOW BAND

Monday, October 19, 1 p.m.

A festival of fun-fall music is in store with the upbeat sound of this wonderful band. We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, swing and enjoy! Free. Donations gladly accepted. Space limited.







## WHAT YOU DIDN'T KNOW OR PERHAPS YOU DID....

### NONVERBAL COMMUNICATION IN YOUR EVERYDAY LIFE

Wednesday, September 12, 1 p.m.

Not all communication need to be with sounds. How is it possible to communicate without depending solely on words? The areas of nonverbal are varied and all are fascinating. Touch, space and distance messages, time, appearance, eye contact, smell and more... You cannot NOT communicate! Presented by Dr. Enid Portnoy, Associate Professor of Communication and Gerontology.

### U.S. PRESIDENTS: WHAT YOUR TEACHERS NEVER TAUGHT YOU!

Wednesday, October 10, 1 p.m.

Which President auctioned off 20 wagon-loads of priceless presidential paraphernalia on the White House lawn? Which one enjoyed swimming in the nude in the Potomac River? Which one was a millionaire, but spent so extravagantly that he had to borrow money to get to his own inauguration? As our nation gears up to elect a new President, come learn lots of fascinating facts - and foibles! - about our past Presidents.

## MARVELOUS MONDAYS AT THE MOVIES IN THE GARDEN ROOM

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

### THE BEST YEARS OF OUR LIVES

Monday, September 17, 1 p.m.

Enjoy this 1946 film classic starring Fredric March and Myrna Loy. The film is about three United States servicemen trying to piece their lives back together after coming home from World War II. Samuel Goldwyn was inspired to produce a film about veterans after reading an article about the difficulties experienced by men returning to civilian life. The Best Years of Our Lives won seven Academy Awards in 1946. Free. Space limited.

### MY WEEK WITH MARILYN

Monday, October 8, 1 p.m.

In the early summer of 1956, 23 year-old Colin Clark, just down from Oxford and determined to make his way in the film business, worked as a lowly assistant on the set of The Prince and the Showgirl, the film that famously united Sir Laurence Olivier and Marilyn Monroe. Nearly 40 years later, his diary account "The Prince, the Showgirl and Me" was published, but one week was missing, published some years later as "My Week with Marilyn". When Arthur Miller leaves England, the coast is clear for Colin to introduce Marilyn to some of the pleasures of British life; an idyllic week in which he escorted a Monroe desperate to get a away from her retinue of Hollywood hangers-on and the pressures of work. Free. Space limited.

### J. EDGAR

Monday, October 22, 1 p.m.

J. Edgar is a 2011 American biographic drama film directed by Clint Eastwood. The film focuses on the career of FBI director J. Edgar Hoover from the Palmer Raids onwards, including an examination of his private life as an alleged closeted homosexual.

### THE DESCENDENTS

Monday, November 5, 1 p.m.

This 2011 American drama stars George Clooney. Tracing the journey of land baron Matt King, struggling with unexpected occurrences in his monotonous life, The Descendants was released to widespread acclaim from critics and won numerous Academy Awards. Free. Space limited.

### THE IRON LADY

Monday, November 19, 1 p.m.

The Iron Lady is a 2011 British biographical film based on the life of Margaret Thatcher, the longest serving Prime Minister of the United Kingdom of the 20th century. Thatcher is portrayed primarily by Meryl Streep. Streep's performance was widely acclaimed, and considered to be one of the finest of her career. Free. Space limited.

## A HEALTHIER AND MORE KNOWLEDGEABLE YOU....

### NEW! CHAIR YOGA

Thursdays, 10:30 a.m., Fee: \$30.00 for six sessions

Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. This class will begin on Thursday, September 13 thru Thursday, October 18. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to register for this new offering.

### HEARTWELL IN ACTION

Sponsored by Suburban Hospital/ Johns Hopkins Medicine

A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

Every Wednesday, 10 a.m. to noon

### "KNOW YOUR NUMBERS"

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide blood pressure and health counseling from 10 a.m. to noon and from 1 to 2 p.m., Leni will educate you on a new topic each month.



## FINANCIAL & LEGAL UPDATES

### WHAT YOU NEED TO KNOW

Thursdays, November 8, 15 and 29, 1 - 3 p.m.

### NUTS AND BOLTS OF SOCIAL SECURITY

Lester Austin, Social Security Administration

Thursday, November 8, 1 p.m.

### PLAN AHEAD: POWERS OF ATTORNEY, ADVANCED DIRECTIVES AND GUARDIANSHIP

Camilla McRory, Elder Law Attorney

Thursday, November 15, 1 p.m.

### ESTATE PLANNING MYTHS & MISTAKES

Joe Griffin, Register of Wills, Montgomery County

Thursday, November 29, 1 p.m.

A three-part series brought to you by the Award-Winning Team that brought you the ElderLaw Series. These programs will take you on pathways to solving legal and financial issues. Each is designed as a learning tool to acquaint and empower you. Free. Pre-registration - a must. Call 240-777-8085 to register.

## GO SAFELY!

### AARP DRIVER EDUCATION CLASS

Monday, Need to get date, 10 a.m. to 3 p.m.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. Make \$12.00 check to AARP. No cash please.

## SHAPE UP NOW....

### SENIOR FIT

Monday, Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30. Designed especially for seniors - this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

### TAI CHI CHUAN

Thursdays, 10:00 a.m. Tai Chi is an ancient system of physical and mental harmony - gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

### QI GONG

Saturdays, Noon. Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.

## FOR THE FUN OF IT.....

### DUPLICATE BRIDGE

Tuesdays and Thursdays at 12:30 p.m. Fee: \$5.00

Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center.



## About the Montgomery County Senior Luncheon Program

Adequate nutrition is critical to the health, functioning, and quality of life of everyone. It is an important component of home and community-based services for older people. This US Administration on Aging funded program improves the dietary intakes of participants and offers participants opportunities to form new friendships and create support networks. The legislative intent is to make community-based services available to aging in place adults who may be at risk of losing their independence. Meals served under the program provide at least one-third of the recommended dietary allowances established by the Institute of Medicine of the National Academy of Sciences, as well as the Dietary Guidelines for Americans, issued by the Secretaries of Departments of Health and Human Services. Menus are available at each Nutrition Program site. Lunch reservations must be made two working days in advance. Cancellations should be made directly to the site manager. A volunteer contribution is requested from persons age 60 and over. The cost of the meal is \$5.92. Contributions are used to purchase more meals. Participants are asked to contribute what they can.





# TRIPS AND TOURS



SENIORS, FAMILIES, AND INDIVIDUALS,....

*We're on the move!*

## SENIOR OUTDOOR ADVENTURES IN RECREATION

*Plan to SOAR this Fall!*

The Senior Outdoor Adventures in Recreation (SOAR) program may be just the thing for you. Awaken that spirit of adventure. This is a day trip program for active adults, age 55 and over. Trips are specifically designed for this age group. Each activity or trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult their physician if they have any concerns before registering/participating in an activity. All travel is by motor coach unless otherwise noted. Interested individuals should call 240-777-6870 to have a SOAR brochure mailed to them in order to access DETAILS FOR EACH TRIP, INCLUDING REFUND POLICIES. Registration begins Monday, August 6, 2012 at 8:30am.

### **NEW** Frederick Douglass' Life on the Eastern Shore -A Riding and Boat Tour

Trip number: 329357 Wednesday, September 19

Trip number: 329358 Thursday, September 20

A New Tour! Our Eastern Shore guide, Kelley, will relate stories of the life of Frederick Douglass, the famous American social reformer. We will visit Holme Hill Farm, Douglass' birthplace near Tuckahoe Creek, and hear stories of Douglass' grandmother. A cruise down the Wye River will pass by some of the plantation houses that young Frederick grew up on. Lunch, (included) at Bethel or Asbury Church, where Douglass gave speeches, with a visit by a local expert on Frederick Douglass who will talk about his life. Other sites include the Court House lawn in Easton, the Old Jail, the Brick Hotel, and the Statue of Frederick Douglass.

Fee: \$80

Leave 7:15am, Return 5:30pm

### Tour Antietam National Battlefield with Renowned Civil War Historian Ed Bearss

Trip number: 329360 Wednesday, October 3

Trip number: 329361 Thursday, October 4

Trip number 329362 Tuesday, October 9

Hear about the bloodiest day in American history from Ed Bearss, a retired National Park Service Chief historian and author of 15 books on the Civil War. Ed joins us on the bus early in the morning and is with us throughout the day. He will set the stage early as he shares many of his stories and historic footnotes to the famous battle. Be mesmerized as you hear about the regiments and commanders in a stirring narrative as you tour the battlefield with someone who knows war first hand as a wounded Marine Corps veteran of Guadalcanal and New Britain in WWII. Lunch, included, at a local restaurant.

Fee: \$69

Leave 7:45am, Return 5:00pm

FIND US FAST  
ON YOUR  
SMARTPHONE



### 69th Annual Homes Tour & Crafts Festival in the Village of Waterford, Virginia

Trip number: 329363 Friday, October 5

Join us for this unique festival, the oldest juried craft fair in Virginia. Enjoy music and dance demonstrations. See demonstrations of traditional craftsmanship by over 140 acclaimed artisans. Art exhibits and tours of 18th and 19th century homes range from simple Quaker buildings to spacious Victorian homes. Wear comfortable walking shoes as you stroll the music filled streets. Please note: There is a lot of walking on hilly terrain.

Fee: \$43

Leave 8:45am, Return 5:00pm

### Guided Riding and Walking Tour of Historic Richmond, State Capital of Virginia

Trip number: 329364 Thursday, October 11

Begin with a professionally guided driving tour that will provide an overview of the history of the City of Richmond, including: the Capitol; Court End; the James River and the Fall Line; Church H.V. Jackson Ward; the Fan and Monument Avenue. We will pass many historical sites including the White House of the Confederacy. We will then tour the Capitol and briefly walk Capitol Square to see the newly dedicated Civil Rights Memorial. Next, enjoy a crab cake lunch, included, at the famed Tobacco Company Restaurant. After lunch, the riding tour will continue with a visit to the National Park Service Tredegar site. Don't miss this opportunity to experience history from the 18th Century Revolutionary Period and the 19th Century Civil War Period.

Fee: \$63

Leave 7:15am, Return 5:30pm



### Western Maryland Scenic RR Trip Through the Allegheny Mountains at Fall Foliage Time

Trip number: 329366 Wednesday, October 17

Trip number: 329367 Thursday, October 18

Board a vintage train in Cumberland, Maryland and travel 32 miles through Horseshoe Curve, the Narrows, Brush Tunnel, and Fall foliage scenery in the Allegheny Mountains to Frostburg, Maryland. Upon arrival, you will have an hour and a half to enjoy lunch, on own, next to the station, or do some sightseeing. We return along the same route for the one hour trip back to Cumberland to further enjoy the sights.

Fee: \$67

Leave 7:45am, Return 6:00pm

### Walking Tour of Thomas Jefferson's Estate at Monticello

Trip number: 329368 Thursday, October 25

Enjoy a leisurely drive by motorcoach to Charlottesville. A guided tour of the home of Thomas Jefferson, the philosopher of the American Revolution, makes history come alive. In addition, guided tours of the gardens and of the plantation community along Mulberry Row are included as part of the general admission. Enjoy a delicious Colonial lunch (included) at Historic Michie Tavern.

Fee: \$76

Leave 7:00am, Return 6:00pm







## The Burning of Washington, DC 1814 - A Walking Tour with Tony Pitch, Acclaimed Washington Authority

Trip number: 329369 Wednesday, October 31

Trip number: 329370 Thursday, November 1

Follow the path of British troops who burned the White House, the Capitol, and other public buildings in 1814. Walk down Pennsylvania Avenue and see where the declaration of Independence and the Constitution were saved. Follow the footsteps of the arsonists for a vivid account of British vandalism. Lunch (on own) at Union Station.

Fee: \$40

Leave 8:30am, Return 3:30pm

## Guided Tour of Newly Renovated Hampton National Historical Site in Towson, Maryland - A Palace in the Wilderness

Trip number: 329372 Wednesday, November 7

Trip number: 329373 Thursday, November 8

For over 200 years, visitors have enjoyed the grandeur of Hampton's gardens and grounds. Hampton has one of the finest collections of mature native and exotic trees in Maryland, and the trees' great size complements the impressive Georgian architecture of the elegantly furnished mansion. Hampton was built as a county seat just after the Revolutionary War by a prominent Maryland family. Hampton is the story of a family business, early American industry and commerce, the cultural tastes of the times, deprivations of war, and the economic changes that made this type of estate life obsolete. A wealth of artifacts and scenery recreates a world where, for the better part of two centuries, a community of hundreds of individuals lived their lives against the background of America's development as a nation. National Park Service rangers will guide tours of the Mansion and the farm site. Lunch, included, at a local restaurant.

Fee: \$49

Leave 8:15am, Return 3:30pm

## Guided and Narrated Walking Tour of the U.S. Naval Academy

Trip number: 329375 Thursday, November 15

View the historic grounds, hear the fascinating history, legends, and traditions of the Naval Academy. Watch the Brigade Noon Formations and explore the Naval Museum. Lunch (on own) in Annapolis with time to walk the Main Street and the City Dock Area.

Fee: \$42

Leave 8:00am, Return 4:00pm

## Tours of duPont's Hagley Museum & duPont's Nemours Mansion in Wilmington, Delaware

Trip Number: 329376 Wednesday, November 28

Trip Number: 329377 Thursday, November 29

Tour Hagley Museum where the duPont story begins. Visit the first duPont family home furnished with antiques and memorabilia of five generations of the duPonts; its gardens; the Blacksmith Hill workers community; the first duPont Powder Yards; and a 19th century machine shop. Enjoy a lunch (included) on premises. Then visit Alfred duPont's Nemours Mansion, a modified Louis XVI French chateau furnished with antique furniture, rare rugs, tapestry, and outstanding works of art.

Fee: \$73

Leave 7:00am, Return 5:00pm

## Christmas at Oatlands Plantation and Morven Park Mansion & Carriage Museum in Leesburg, Virginia

Trip number: 329378 Wednesday, December 5

A guided, narrated walking tour of these two fine 19th Century historic estates. Enjoy the added attraction of the beautiful and acclaimed Christmas decor in the Oatlands mansion. See hunting and carriage museums on the estate of Morven Park and tour the newly renovated Morven Park mansion. Lunch (on own) and time to shop at Leesburg Premium Outlet food court.

Fee: \$55

Leave 8:00am, Return 6:00pm

## Ski Trip at Whitetail Mountain Resort

Trip number: 329379 Wednesday, January 23, 2013

Join in the fun at Whitetail Mountain Resort in Mercersburg, Pennsylvania for our annual ski trip. The fee listed below is for transportation only. The lift ticket and equipment rental fee are paid by participant directly to Whitetail upon arrival. Transportation by van or bus, depending on size of registration. Inclement weather date: Wednesday, January 30, 2013.

Fee: \$25

Leave 8:30am, Return 4:30pm

# FAMILY ENTERTAINMENT & EXCITING TRIPS

*Whatever your age, we have a trip for you!  
Let the Family Memories Begin!*

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, August 6, 2012 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! New York, Philadelphia, Ocean City and Virginia, here we come! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Unless you are notified in advance, all trips depart and return to the rear parking lot of the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD. Plan to arrive at least 15 minutes prior to departure as all trips depart promptly at the confirmed departure time.

## Mountain Heritage Fall Arts and Crafts Festival, WV

Trip number: 336995 Saturday, September 29

Wild, Wonderful West Virginia and the Jefferson County Chamber of Commerce cordially invite you to come and enjoy our festival in the country. Unwind and relax as you stroll among the colorful tents, thrilling to the array of the many crafts available. Approximately 200 craftpersons, previously selected for the high quality of their products, will be selling and demonstrating their wares at this nationally acclaimed festival. Enjoy the many varieties of food that are available along with the best in live Bluegrass entertainment. Bring the entire family for a great outing in the country. Experience Apple Butter making, demonstrating artists, blacksmiths, wineries and over 200 juried artists in the foothills of the Blue Ridge mountains.

FEE: \$59

Leave 8:00am, Return 5:00pm

## North Beach Bay Harvestfest

Trip number: 337076 Saturday, October 6

The 2nd Annual Bay Harvestfest is scheduled for Saturday, October 6, 2012 from noon to 6:00 p.m. This event will be a combination of craft vendors with local farmers, arts and Crafts festival, live music, childrens activities, pig and duck races food and beer.

FEE: \$39

Leave 10:30am, Return 5:30pm

## The 48th Annual National Apple Harvest Festival

Trip number: 337077 Saturday, October 13

The National Apple Harvest Festival has been celebrating beautiful crafts, great music and wonderful food for forty years. The festival has something for everyone with hundreds of arts and crafts dealers, demonstrations, contests, food stands, and entertainment. The schedule includes: 300+ Arts and Crafts Vendors, Antique and Classic Cars, Antique Cider Press, Apple Art, Apple Syrup Making, Chainsaw Carving, Chicken Barbeque, Free Live Entertainment, Gallery/Apple Memorabilia, Hay Rides, Kid Country Barn, Official Souvenirs, Funnel Cakes, Petting Zoo, Photo Contest, Pie Baking Contest/Auction, Pony Rides, Puppet Shows, Square Dancing and much more for everyone to enjoy!

FEE: \$59

Leave 8:00am, Return 5:00pm







### St. Mary's County Oyster Festival

Trip number: 337078 Saturday, October 20

It's that time of year once again. When, for oyster lovers, the St. Mary's County fairgrounds near Leonardtown transform to nirvana. Oysters served up raw, scalded, grilled on the barbie, on bread, on the half shell, stewed, nude, and cooked in savory sauces and in salads. A family-oriented festival, the St. Mary's event is noted for its emphasis on food, shucking and cooking contests, and quality entertainment. Lots of exciting attractions are planned for each year's festival. Food purchases on your own!

FEE: \$59

Leave 8:00am, Return 6:00pm

### Madame Tussauds & Union Station Shopping and Lunch

Trip number: 337126 Saturday, November 3

Madame Tussauds is the only place in the world where people can see and interact with all 44 U.S. Presidents. Step into the Presidents Gallery and "meet" all 44 U.S. Presidents recreated in wax. You will also have the opportunity to "meet" Angelina Jolie, Denzel Washington, Julia Roberts and many more celebrities. The premier wax attraction gives visitors an interactive, full-sensory experience. You will be able to touch, see and hear major historical events and celebrities in a way unlike any other Washington attractions. After our tour enjoy shopping and lunch at Union Station shops and Eatery or restaurants on your own!

FEE: \$55

Leave 9:30am, Return 4:30pm

### My Fair Lady, at Arena Stage

Trip number: 337127 Saturday, November 10

My Fair Lady set the all-time box office record at the prestigious Shaw Festival in Canada. And now Molly is reassembling her creative team to bring this breathtaking musical to Arena Stage. When Professor Henry Higgins wagers he can transform a Cockney flower girl into an aristocratic lady, he never guesses that Eliza Doolittle will in turn transform him. Lerner and Loewe's sparkling score includes such enduring favorites as "I Could Have Danced All Night," "Wouldn't It Be Lovely," "The Rain in Spain," "On the Street Where You live," and "Get Me to the Church on Time." Based on Shaw's most incisive social satire, My Fair Lady is a joyful, crowd-pleasing celebration for the entire family.

FEE: \$115

Leave 12:30pm, Return 5:30pm

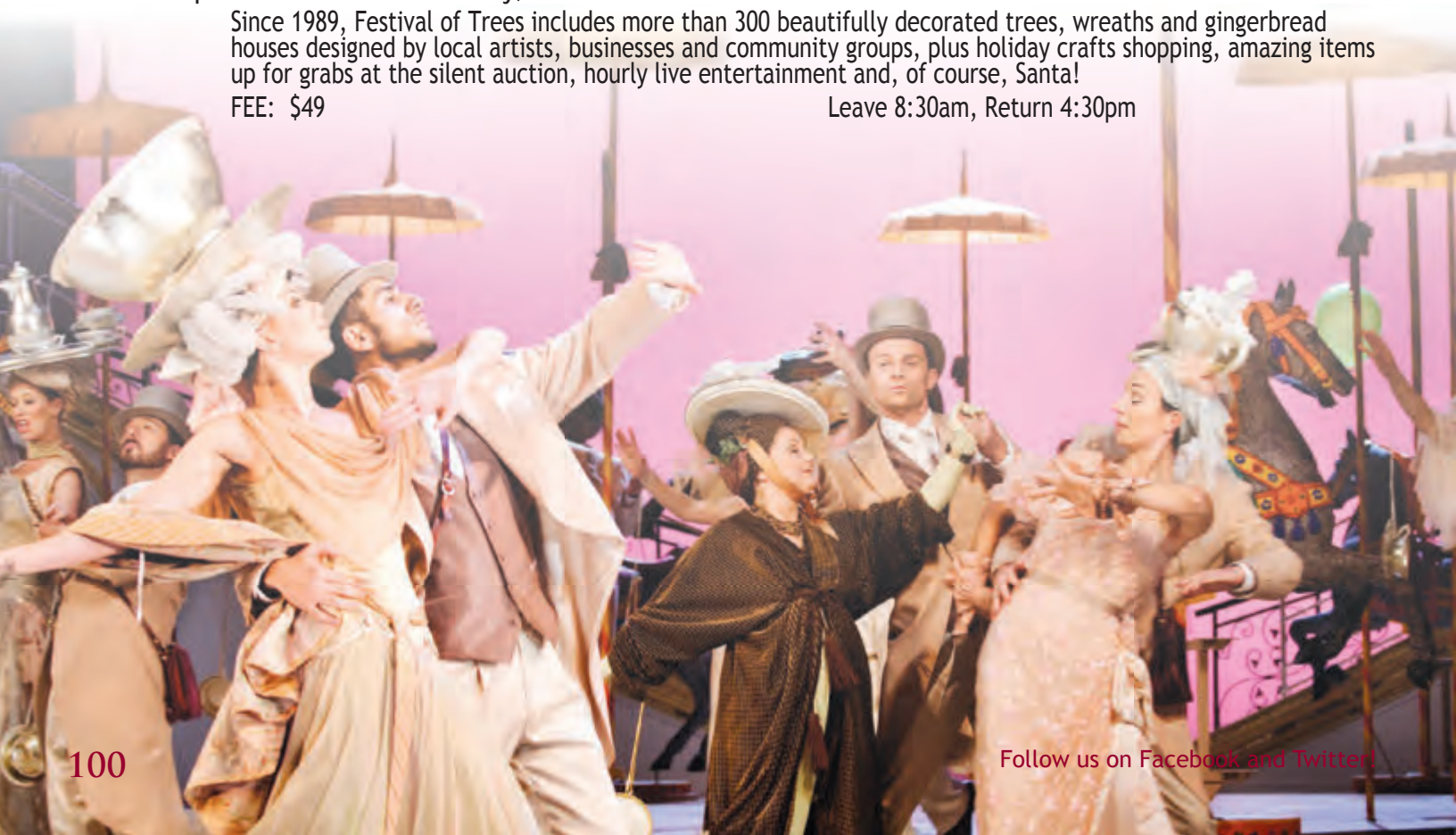
### "Festival Of Trees," Kennedy Institute

Trip number: 337128 Saturday, November 23

Since 1989, Festival of Trees includes more than 300 beautifully decorated trees, wreaths and gingerbread houses designed by local artists, businesses and community groups, plus holiday crafts shopping, amazing items up for grabs at the silent auction, hourly live entertainment and, of course, Santa!

FEE: \$49

Leave 8:30am, Return 4:30pm



### Bizarre Bazaar's 37th Christmas Collection , Richmond Va.

Trip number: 337175 Saturday, December 1

There are over 475 dynamic exhibitors filling four contiguous exhibition buildings at the Richmond Raceway Complex. This facility is located in an historic 315-acre site and is a very popular venue due to its close proximity to interstate highways and most importantly its acres and acres of convenient free parking. The shows layout features a Boutiques Section, including returning exhibitors in the first building, Artist and Crafters in the second building, a mixture of new and returning exhibitors in the third building and 'New Resources' featuring new exhibitors in the fourth building. Talented musicians play music in each of the buildings and there is a beautifully decorated Cafe that provides a pleasant place to grab a bite to eat or just rest your feet after some serious shopping.

FEE: \$59

Leave 8:30am, Return 5:30pm

### White Christmas, The Kennedy Center

Trip number: 337176 Saturday, December 15

The classic holiday movie White Christmas comes to the stage at last! This North American tour shines with classic Berlin hits like "Blue Skies," "How Deep is the Ocean?" and, of course, the unforgettable title song. Irving Berlin's White Christmas tells the story of two buddies putting on a show in a magical Vermont inn and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written, Irving Berlin's White Christmas promises a merry and bright theatrical experience for the whole family!

FEE: \$139

Leave 11:45am, Return 5:45pm

### Billy Elliot The Musical, at the Hippodrome

Trip number: 337177 Saturday, December 22

BILLY ELLIOT THE MUSICAL is the joyous celebration of one boy's journey to make his dreams come true. Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class, discovering a surprising talent that inspires his family and his whole community and changes his life forever. A big musical with an even bigger heart, BILLY ELLIOT THE MUSICAL will enchant the dreamer in all of us. Based on the international smash-hit film, BILLY ELLIOT THE MUSICAL is brought to life by a phenomenal cast and the Tony Award-winning creative team (director Stephen Daldry, choreographer Peter Darling and writer Lee Hall) along with music legend Elton John, who has written what the New York Post calls "his best score yet!"

FEE: \$139

Leave 12:00pm, Return 6:00pm







FIND US FAST  
ON YOUR  
SMARTPHONE



# THERAPEUTIC



## KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 and Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI(uniform). New students attend 9:00 class. No class 11/24.

10 Sessions \$90  
Instructor: TKA, Inc.  
338000 Holiday Park SC 9/22 Sa 9:00am - 9:45am  
338001 Holiday Park SC 9/22 Sa 10:00am -10:45am

## KALEIDOSCOPE ART

Ages 13 and Up with disabilities: A structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions \$45  
337998 Germantown CC 10/13 Sa 12:30pm - 2:00pm

## FUN RHYTHM & ROLL

Ages 15 and Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

10 Sessions \$75  
Instructor: Sue E. Green  
337995 Holiday Park SC 9/22 Sa 10:00am -10:45am

## SLOW 'N EASY AEROBICS

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35  
338014 Wheaton CC 10/8 M, Tu 7:00pm - 8:00pm  
338015 Potomac CC 10/11 Th 7:00pm - 8:00pm  
338016 Damascus CC 10/11 Th 7:00pm - 8:00pm  
338017 Bauer Drive CC 10/11 Th 7:00pm - 8:00pm

## TURN THE BEAT AROUND

Ages 15 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35  
338028 Upper County CC 10/17 W 7:00pm - 8:00pm  
338027 Wheaton CC 10/11 Th 7:00pm - 8:00pm

## ON THE MOVE

Ages 16-21: who attend Learning For Independence (LFI) or School Community Base (SCB) in high school. Center/Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80  
338004 Bauer Drive CC 10/13 Sa 12:00pm - 4:00pm

## BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 and Up with disabilities: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$70  
Instructor: Pamela Reid  
337990 White Oak CC 10/8 M 7:00pm - 8:00pm  
337987 Wheaton CC 10/10 W 1:30pm - 2:30pm  
337988 Wheaton CC 10/10 W 2:30pm - 3:30pm  
337989 Ross Boddy CC 10/11 Th 10:30am -11:30am

## NEW WATERCOLOR & DRAWING EXPLORATION

Ages 18 and Up with disabilities: Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore. Artist should be able to follow one and two-step instruction. \$15 materials fee due instructor.

8 Sessions \$70  
Instructor: Vivienne Cho  
339512 Wheaton CC 10/11 Th 10:00am -10:45am

## MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion. Email: [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov).

# RECREATION

## SOCCER LEAGUE TR

Ages 18 and Up with Developmental Disabilities: TEAM PRE-REGISTRATION REQUIRED (minimum 8, maximum 15 /team) for each Agency. A Registration Form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

6 Sessions \$40  
338186 MCRD Offices 9/16 Su 12:00pm - 3:00pm

## E-Z HIP HOP

Join the fun and exciting dance moves to the beat of hip hop music. Designed especially for individuals with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

Ages 7-14:  
6 Sessions \$45  
Instructor: Sue E. Green  
337991 Holiday Park SC 9/22 Sa 9:00am - 9:45am

Ages 15 and Up:  
10 Sessions \$75  
Instructor: Sue E. Green  
337992 Holiday Park SC 9/22 Sa 11:00am - 11:45am

## WATER AEROBICS - TR

Ages 18 and Up with disabilities: If you need to get into shape, then this slow paced aerobics class done in shallow water to cushion feet, knees and back is for you. Workout includes using balls, noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning.

8 Sessions \$63  
Instructor: Peggy Brower  
338029 MLK Swim Center 10/7 Su 4:00pm - 4:45pm

## ADULT SWIM

Adults with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided. No class 11/25.

8 Sessions \$37  
337983 MLK Swim Center 9/11 Tu 8:00pm - 9:00pm  
337985 Germantown ISC 9/12 W 8:30pm - 9:30pm  
337986 Olney Swim Center 9/14 F 7:00pm - 8:00pm

## TR SWIMMING WITH MULTIPLE SCLEROSIS

This is a swimming and aquatic exercise class for people with MS and other disabilities who want work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided. Please call and let us know if you need any special accommodations ie., help transferring etc. Call 240-777-6870 and ask for a TR Rec Specialist.

8 Sessions \$48  
339310 Kennedy Shriver AqCtr 9/13 Th 8:30pm - 9:30pm

## NEW TR YOGA BASICS

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80  
339947 Bauer Drive CC 10/9 Tu 4:30pm - 5:30pm  
339948 White Oak CC 10/11 Th 2:00pm - 3:00pm

## VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program. Provide assistance in a Therapeutic Recreation program. Student volunteers are eligible for SSL hours. Training provided. Call the Volunteer Coordinator at 240-777-6870.

## THERAPEUTIC RECREATION DANCES

Events for Teens and Adults, ages 15 and up, with disabilities. DJ, light refreshments and opportunities for socialization. Transportation must be arranged prior to the event. Bring ID for check-in. A registration is required. \$8.00 pre-registered, \$10.00 at the door.

### Monster Mash

Saturday, October 27, 2012  
7:00pm - 10:00pm  
Holiday Park Senior Center  
Course #338024

### Jingle Bell Rock

Saturday, December 15, 2012  
7:00pm - 10:00pm  
Holiday Park Senior Center  
Course #338025







**The Miracle League gives  
hundreds of disabled children  
something few dreamed possible  
... *the chance to play baseball.***



△ Level-playing field where physically and mentally challenged children can hit, run, & catch  
- just like the best of them.

**The Washington Nationals Miracle Field, a custom-designed ballfield, located  
in South Germantown Park, incorporates a cushioned synthetic turf that  
accommodates wheelchairs and other walking assistance devices, while helping  
prevent injuries.**

**During each Miracle League game, every child is given an opportunity to hit the  
ball and score a run. Miracle League team members are assigned “buddies” who  
assist them in hitting the ball and “running” the bases. Buddies can be fellow  
schoolmates, parents, college students, business leaders or anyone who  
wishes to volunteer their time to give a child the gift of baseball.**

**To register online visit  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
or call 240.777.6810.**

**Looking to volunteer?  
Join us as a Buddie or Coach.**

**Visit the Miracle League of  
Montgomery County, MD website  
at [miracleleaguemontcmd.com](http://miracleleaguemontcmd.com) for  
more information**



MONTGOMERY COUNTY  
*Recreation*

22nd Annual

# Burtonsville Day

Celebration



## Saturday, September 22

10:00am **Parade**  
along **Old Columbia Pike**  
Rain or Shine!

10:30am **Festival**  
at **Marilyn J. Praisner Center,**  
**Columbia Park** and  
**Marilyn J. Praisner Library**

For updated information, please see our web site at:

# BurtonsvilleDay.org



## Scotland Neighborhood RECREATION CENTER

is closed for RENOVATIONS





WE RENT

## ROOMS FOR RENT

CONVENIENT AND AFFORDABLE. GREAT FOR PARTIES OR MEETINGS, AMPLE PARKING, TABLES AND CHAIRS SUPPLIED, MOST CENTERS HAVE KITCHENS. MUST SEE. CONTACT CENTER FOR AVAILABILITY AND TOUR. SEE PAGE 107 FOR LOCATIONS.



Lots of Space!



Making Memories



Business Saavy

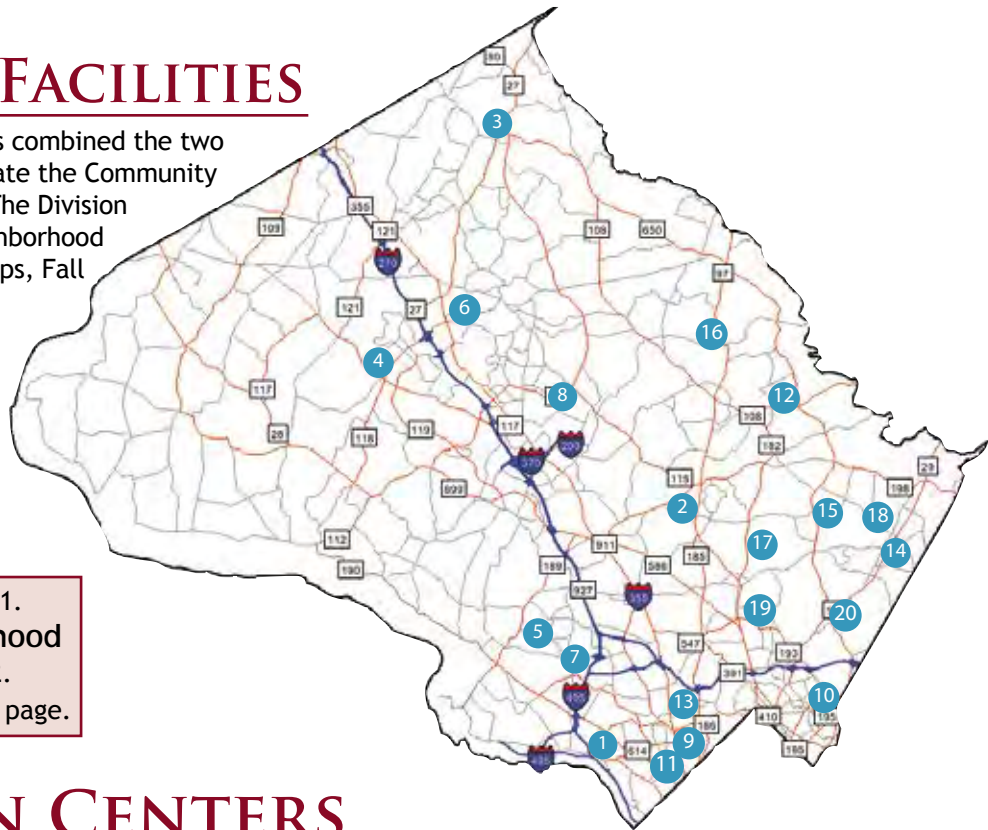


# RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Fall Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS  
240-777-4980  
3950 Ferrara Dr., Wheaton

Aquatic Centers: See page 11.  
Senior & Senior Neighborhood Centers: See page 71 & 72.  
Facility Locations: See next page.



## RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NCRs can also be rented. Call for specific hours and availability.

### Area I

- 1 Clara Barton NRC 301-229-0010  
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC 240-777-6922  
14625 Bauer Drive, Rockville
- 3 Damascus CRC 240-777-6930  
25520 Oak Drive, Damascus
- 4 Germantown CRC 240-777-8095  
18905 Kingsview Road, Germantown
- 5 Potomac CRC 240-777-6960  
11315 Falls Road, Potomac
- 6 Plum Gar NRC **CLOSED FOR RENOVATIONS**  
19561 Scenery Dr
- 7 Scotland NRC **CLOSED FOR RENOVATIONS**  
7700 Scotland Dr
- 8 Upper County CRC 240-777-8077  
8201 Emory Grove Road, Gaithersburg

### Area II

- 9 Jane E. Lawton CRC 240-777-6855  
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC 240-777-6965  
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC 240-777-8088  
5311 Friendship Boulevard, Chevy Chase

### Area III

- 12 Ross J. Boddy CRC 240-777-8050  
18529 Brooke Road, Sandy Fall
- 13 Gwendolyn Coffield CRC 240-777-4900  
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC 240-777-8090  
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC 240-777-8055  
14715 Good Hope Road, Silver Spring
- 16 Longwood CRC 240-777-6920  
19300 Georgia Avenue, Brookeville
- 17 Mid-County CRC 240-777-6820  
2004 Queensguard Road, Silver Spring
- 18 Marilyn J. Praisner CRC 240-777-4970  
14906 Old Columbia Pike, Burtonsville
- 19 Wheaton NRC 240-777-8057  
11711 Georgia Avenue, Wheaton
- 20 White Oak CRC 240-777-6940  
1700 April Lane, Silver Spring





## LOCATIONS

### SCHOOLS

Barnsley, Lucy Elementary School-14516 Nadine DR, Rockville  
Bells Mill Elementary School-8225 Bells Mill RD, Potomac  
Bethesda Elementary School-5011 Moorland LN, Bethesda  
Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda  
Blair, Montgomery High School-51 University BLVD E, Silver Spring  
Brooke Grove Elementary School-2700 Spartan RD, Olney  
Burtonsville Elementary School-15516 Old Columbia Pike, Burtonsville  
Cabin John Middle School-10701 Gainsborough RD, Potomac  
Churchill, Winston High School-11300 Gainsborough RD, Potomac  
Clemente, Roberto Middle School-18808 Waring Station RD, Germantown  
Cloverly Elementary School-800 Briggs Chaney RD, Silver Spring  
Cold Spring Elementary School-9201 Falls Chapel WAY, Potomac  
DuFief Elementary School-15001 DuFief DR, Gaithersburg  
Frost, Robert Middle School-9201 Scott DR, Rockville  
Garrett Park Elementary School-4810 Oxford ST, Garrett Park  
Greenwood Elementary School-3336 Gold Mine RD, Brookeville  
Jackson Road Elementary School-900 Jackson RD, Silver Spring  
Kensington-Parkwood Elementary School-710 Saul RD, Kensington  
Kingsview Middle School-18909 Kingsview RD, Germantown  
Luxmanor Elementary School-6201 Tilden LN, Rockville  
Montgomery Village Middle School-19300 Watkins Mill RD, Gaithersburg  
Oakland Terrace Elementary School-2720 Plyers Mill RD, Silver Spring  
Olney Elementary School-3401 Queen Mary DR, Olney  
Paint Branch High School-14121 Old Columbia PIKE, Burtonsville  
Parkland Middle School-4610 West Frankford DR, Rockville  
Poole, John Middle School-17014 Tom Fox AVE, Poolesville  
Potomac Elementary School-10311 River RD, Rockville  
Resnik, Judith A. Elementary School-7301 Hadley Farms DR, Gaithersburg  
Rock View Elementary School-3901 Denfeld AVE, Kensington  
Rolling Terrace Elementary School-705 Bayfield ST, Takoma Park  
Rosemary Hills Elementary School-2111 Porter RD, Silver Spring  
Sligo Creek Elementary School-500 Schuyler RD, Silver Spring  
Tilden Middle School-11211 Old Georgetown RD, Rockville  
Wayside Elementary School-10011 Glen RD, Potomac  
Woodlin Elementary School-2101 Luzerne AVE, Silver Spring  
Wyngate Elementary School-9300 Wadsworth DR, Bethesda

### OTHER FACILITIES

Camp Olympia-5511 Muncaster Mill RD, Rockville  
Create Arts Center-816 Thayer AVE, Silver Spring  
Divine Life Yoga Studio-19008 High Point DR, Gaithersburg  
Golden School of Music-8004 A Norfolk AVE, Bethesda  
Gymnastics of America, Inc.-9168 Gaither RD, Gaithersburg  
Halo Dance Studio-8505 Dakota DR, Gaithersburg  
Kritt Studio-14817 Brownstone DR, Burtonsville  
Yoga Plus - Bethesda-8200 Hamilton Springs CT, Bethesda  
Yoga Plus - Potomac-9908 S Glen RD, Potomac

### PARKS

Aspen Hill Local Park-5013 Baltic AVE, Aspen Hill  
Cabin John Regional Park-7400 Tuckerman LN, Rockville  
Capital View-Homewood Local Park-2929 Edgewood RD, Kensington  
Darnestown Local Park-14211 Darnestown RD, Darnestown  
Falls Road Local Park-12600 Falls Road RD, Potomac  
Meadowbrook Local Park-7901 Meadowbrook LN, Chevy Chase  
Norwood Local Park-4700 Norwood DR, Chevy Chase  
Olney Family Neigh Park-19117 Willow Grove RD, Olney  
Olney Manor Recreational Park-16601 Georgia AVE, Olney  
Pilgrim Hills Local Park-1615 E Randolph RD, Colesville  
Quince Orchard Valley Neighborhood Park-12015 Suffolk TER, Gaithersburg  
Ridge Road Recreational Park-21155 Frederick RD, Germantown  
Veirs Mill Local Park-4425 Garrett Park RD, Wheaton  
Wheaton Regional Park-2000 Shorefield RD, Wheaton  
Wheaton-Claridge Local Park-11901 Claridge RD, Wheaton

### RECREATION FACILITIES

Bauer Drive Community Center-14625 Bauer DR, Rockville  
Clara Barton Community Center-7425 MacArthur BLVD, Cabin John  
Damascus Community Recreation Center-25520 Oak DR, Damascus  
East County Community Center-3310 Gateshead Manor WAY, Silver Spring  
Germantown Community Center-18905 Kingsview DR, Germantown  
Gwendolyn Coffield Community Center-2450 Lyttonsville RD, Silver Spring  
Holiday Park Senior Center-3950 Ferrara DR, Wheaton  
Jane E. Lawton Community Center-4301 Willow LN, Chevy Chase  
Long Branch Community Center-8700 Piney Branch RD, Silver Spring  
Longwood Community Center-19300 Georgia AVE, Brookeville  
MCRD Offices-4010 Randolph RD, Silver Spring  
Marilyn J. Praisner Community Center-14906 Old Columbia PKY, Burtonsville  
Mid County Community Center-2004 Queensguard RD, Silver Spring  
Potomac Community Center-11315 Falls RD, Potomac  
Ross Boddy Community Center-18529 Brooke RD, Sandy Spring  
Schweinhaut Senior Center-1000 Forest Glen RD, Silver Spring  
Swim:Germantown Indoor Swim Center-18000 Central Park Cir, Boyds  
Swim:Kennedy Shriver Aquatic Center-5900 Executive BLVD, N. Bethesda  
Swim:Martin Luther King Swim Center-1201 Jackson RD, Silver Spring  
Swim:Olney Swim Center-16601 Georgia AVE, Olney  
Swim:Wheaton/Glenmont Pool-12621 Dalewood DR, Wheaton  
Upper County Community Center-8201 Emory Grove RD, Gaithersburg  
Wheaton Community Center-11711 Georgia AVE, Wheaton  
White Oak Community Recreation Center-1700 April LN, Silver Spring  
Wisconsin Place Community Recreation Ctr-5311 Friendship BLVD, Chevy Chase

### LIBRARIES

Davis Community Library-6400 Democracy BLVD, Bethesda  
Wheaton Regional Library-11701 Georgia AVE, Wheaton





Sack race fun at the annual Harvest Festival. Don't miss this year's event on October 6! See p. 132.



## MONTGOMERY PARKS • FALL 2012

### Nature Programs

- 119 Black Hill Visitor Center
- 114 Brookside Gardens
- 125 Brookside Nature Center
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- 133 Meadowside Nature Center
- 120, 131-132 Nature Center Fall Events
- 124 Wild Montgomery Free Activities & Hikes

### Sports Programs

- 139 Golf @ South Germantown Driving Range
- 143 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 153 Skateboarding @ Olney Manor Skate Park
- 155 Tennis @ Pauline Betz Addie and Wheaton Indoor
- 141 Wheaton Sports Pavilion

### More to Do in the Parks

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- Inside back cover Event Centers in Montgomery Parks
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- (Fill out green section for Parks classes)

### REGISTRATION OPENS

for Brookside Gardens,  
all Nature Centers,  
Olney Manor Skatepark,  
Outdoor Tennis,  
and South Germantown  
Driving Range  
...on **AUGUST 14/15\***

for Ice Skating & Hockey  
September classes...  
**AUGUST 12/13\***  
thru **SEPTEMBER 8**  
November classes...  
**OCTOBER 25/26\*** thru **30**

for Indoor Tennis...  
September classes...  
**AUGUST 19/20\***  
November classes...  
**OCTOBER 14/15\***

*\* Registration is open to Montgomery County residents one day early for all classes; next day registration is open to all. See specific sections for more registration information.*





### MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

#### OFFICE OF THE CHAIR

Fall 2012



Dear Montgomery Parks Patron,

The temperature outside is heading toward 100° as I write this, so I'm looking forward to the cooler, drier air of fall! This summer has been stormy, and our Park Maintenance crews have been extremely busy clearing fallen trees from many parks and roadways in recent months. If you ever need to report a fallen tree, hazard or problem in a Montgomery County park, please call the Parks Service Center at 301-670-8080, or submit a report via our online Service Center at [www.MontgomeryParks.org/customer](http://www.MontgomeryParks.org/customer).

Here are just a few of the Parks projects that are scheduled to open this fall:

- The Montgomery TennisPlex in South Germantown Recreational Park (a public-private partnership, operated by Jack Schore Tennis LLC) is scheduled to open on September 10, with a grand opening ceremony planned for September 15. You can get more information at [www.MontgomeryTennisPlex.com](http://www.MontgomeryTennisPlex.com).
- Work is progressing nicely on the new Darnestown Square Heritage Park (on Route 28 near Seneca Road). The .06-acre urban park will feature historical interpretation of the town, the on-site graveyard, and local Civil War events; a central seating and gathering area with a pergola; public art, seat walls and benches, planters, pathways and bicycle racks. Look for a grand opening event in late October.
- After some permitting snafus, the Wheaton Sports Pavilion is looking at an October opening as well. The old Wheaton Outdoor Rink is being transformed into a great new place for soccer, futsal and lacrosse teams to rent for their games. The synthetic field turf is made in part with ground-up athletic shoes! See page 141 for details.

This falls under the "Aren't-we-fortunate-to-live-in-a-county-with-such-great-parks?" category:

- This year, The Maryland-National Capital Park and Planning Commission is one of five finalists for a record-breaking sixth Gold Medal for Parks and Recreation awarded by the National Recreation and Park Association (NRPA). The final decision will be made at the NRPA Congress in Anaheim, California October 16 – 18. Keep your fingers crossed for your parks!

Fall is a wonderful time to play and learn in the parks, so please take a look through this Program Guide and pick an activity or two for you and your family or friends to explore together. And don't forget our signature fall events: Monarch Fiesta Day in Black Hill Regional Park (p.120), Bluegrass on the Farm and Harvest Festival at the Agricultural History Farm Park (pp. 131 and 164), Maryland Emancipation Day Celebrations (p.123), and a number of events at our four Nature Centers (p.132).

Best wishes for a happy and healthy fall,

Françoise M. Carrier  
Chair

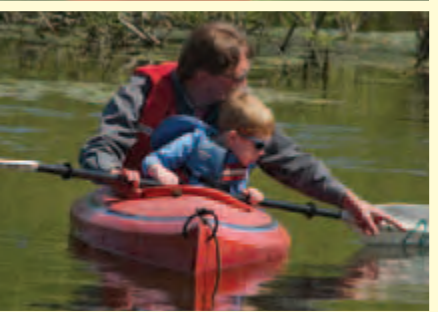
P.S. Don't forget to Connect with Parks! ([www.MontgomeryParks.org/connect](http://www.MontgomeryParks.org/connect))

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320  
[www.MCParkandPlanning.org](http://www.MCParkandPlanning.org) E-Mail: [mcp-chairman@mncppc.org](mailto:mcp-chairman@mncppc.org)

100% recycled paper



**Love your parks? Help support them!**



*Montgomery Parks*  
FOUNDATION

**Visit [MontgomeryParksFoundation.org](http://MontgomeryParksFoundation.org)**



**Join**

Being a Friend of Montgomery Parks is a great way to support our green, open spaces and the wonderful parks of Montgomery County. Friends receive access to special Friends-only events and programs, benefit from special discounts, receive our e-newsletter, and will receive a bumper sticker or magnet so you can display your support.



**Dedicate  
benches**

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a bench in one of Montgomery County's beautiful parks. The Montgomery Parks Foundation will purchase and arrange for the installation of your new park, trail or garden bench, or you may choose to adopt an existing bench.

**trees**

Planting a new tree or adopting an existing tree in one of our parks is a perfect way to remember or honor loved ones, community members and friends. The Montgomery Parks Foundation will arrange for the installation of a new tree from October 1 through April 30, during the planting season, or you can adopt an existing tree anytime!





# MONTGOMERY PARKS Directory

## BOATING & FISHING

### Black Hill Boats

Black Hill Regional Park • 20920 Lake Ridge Drive, Boyds, MD 20841  
301-972-6157 weekends • 301-528-3490 Monday-Friday  
[www.BlackHillBoats.com](http://www.BlackHillBoats.com)

### Lake Needwood Boats • Rock Creek Regional Park

15700 Needwood Lake Circle, Rockville, MD 20855  
301-762-9500 info • 301-948-0501 Park Manager  
[www.LakeNeedwoodBoats.com](http://www.LakeNeedwoodBoats.com)

## CAMPING

### Little Bennett Campground • Little Bennett Regional Park

23701 Frederick Road, Clarksburg, MD 20871  
301-528-3430 • [www.LittleBennettCampground.com](http://www.LittleBennettCampground.com)

## CAROUSEL

**Ovid Hazen Wells Carousel** • Wheaton Regional Park; see "Trains"

## CULTURAL & HISTORIC ATTRACTIONS

Visit [HistoryintheParks.org](http://HistoryintheParks.org) for more information and sites of interest.

### Oakley Cabin

3610 Brookeville Road, Olney, MD 20832  
301-650-4373 • [www.OakleyCabin.org](http://www.OakleyCabin.org)

### Underground Railroad Experience Trail

Sandy Spring, MD • 301-650-4373 • [UndergroundRRExperience.org](http://UndergroundRRExperience.org)

### Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860  
301-650-4373 • 301-570-5722 • [www.HistoricWoodlawnManor.org](http://www.HistoricWoodlawnManor.org)

## DOG PARKS

### Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841  
*On Picnic Lane, SE of boat rentals on Lake Ridge Dr.*

### Cabin John Regional Park Dog Park

10900 Westlake Drive, Bethesda, MD 20876

### Olney Manor Recreational Park Dog Park

16601 Georgia Avenue, Olney, MD 20832  
*Near Ballfield #4, across from the concession stand.*

### Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876  
*North of the soccer field, west of the in-line hockey rink.*

### Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902  
*East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.*

## EVENT CENTERS

Looking for the perfect spot for a retreat, business meeting, workshop, wedding, family reunion, birthday, anniversary or retirement celebration? Montgomery Parks is the natural choice! Visit [www.ParkEventCenters.com](http://www.ParkEventCenters.com) for more information.

### Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855  
301-299-5026 information & reservations • 301-670-4661  
[www.ParkEventCenters.com](http://www.ParkEventCenters.com) or [www.AgHistoryFarm.com](http://www.AgHistoryFarm.com)  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

*Available for private rentals, and open for Parks-sponsored special events such as Harvest Festival, Gas & Steam Engine Show, and Parks camps and classes.*

## EVENT CENTERS (cont.)

### Brookside Gardens • Wheaton Regional Park

1800 Glenallan Avenue, Wheaton, MD 20902  
301-962-1404 information & reservations  
Email: [EventManager@MontgomeryParks.org](mailto:EventManager@MontgomeryParks.org)

### Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

### Rockwood Manor ParkPASS

11001 MacArthur Boulevard, Potomac, MD 20854  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

### Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

## FUTSAL

NEW!

**Wheaton Sports Pavilion** in Wheaton Regional Park; see "Soccer"

## GARDENS

### Brookside Gardens • Wheaton Regional Park **ParkPASS**

1800 Glenallan Ave., Wheaton, MD 20902  
301-962-1400 general information • 301-962-1404 event rentals  
[www.BrooksideGardens.org](http://www.BrooksideGardens.org)

### McCrillis Gardens

6910 Greentree Road, Bethesda, MD 20817  
301-962-1455 • [www.McCrillisGardens.org](http://www.McCrillisGardens.org)

## GOLF

### South Germantown Driving Range **ParkPASS**

South Germantown Recreational Park  
18045 Central Park Circle, Boyds, MD 20841  
301-670-4670 • [www.SGDrivingRange.com](http://www.SGDrivingRange.com)

## HORSEBACK RIDING & STABLES

### Callithea Farm Park

15000 River Rd., Potomac, MD 20854 • 301-977-8010

### Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815  
301-589-9026 • [www.MeadowbrookStables.com](http://www.MeadowbrookStables.com)

### Potomac Horse Center

14211 Quince Orchard Rd., N. Potomac, MD 20878  
301-208-0200 • [www.PotomacHorse.com](http://www.PotomacHorse.com)

### Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841  
1-301-349-0075 • [www.GreatandSmallDC.org](http://www.GreatandSmallDC.org)

### Wheaton Regional Park Stables

1101 Glenallan Ave., Wheaton, MD 20902  
301-622-2424 • [www.WheatonParkStables.com](http://www.WheatonParkStables.com)

### Woodstock Equestrian Park

20100 Darnestown Rd., Beallsville, MD 20839  
301-767-0002 • [www.EquestrianPark.org](http://www.EquestrianPark.org)

*Equestrian facilities are managed by private operators through partnerships with The Maryland-National Capital Park and Planning Commission (M-NCPPC).*



## CONTACT

- To report maintenance issues or problems in a park:  
**301-670-8080**
- To reserve a picnic shelter or Park Activity building:  
**www.ParkPermits.org**  
**301-495-2525**
- Athletic Field Rainout number:  
**301-765-8787**
- Park Police:  
**301-949-3010**
- For info on a Montgomery Parks class or program:  
**301-495-2580**  
**www.ParkPASS.org**  
MCP-ParkPassHelp@MontgomeryParks.org
- To volunteer in the Parks:  
**www.ParksVolunteers.org**
- General Information:  
**301-495-2595**  
**www.MontgomeryParks.org**
- For info about a specific park:  
**www.MontgomeryParks.org**  
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow **MontgomeryParks** on Twitter at <http://twitter.com/MontgomeryParks>
- Support **MontgomeryParks!**  
Visit **www.MontgomeryParksFoundation.org**

## What is ParkPASS?

**ParkPASS** is Montgomery Parks' free online registration system for classes and programs.

When you see "**ParkPASS**" next to a facility name in this directory, it means there are people at that facility who can help you register for programs offered at any Parks facility using the ParkPASS online registration system).

You can also open a ParkPASS account at these locations. ParkPASS facility hours vary; please call before stopping by.

To open your free ParkPASS account online, visit **www.ParkPASS.org**

## ICE SKATING

### Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park  
10610 Westlake Drive, Rockville, MD 20852  
301-765-8620 • [www.CabinJohnIce.com](http://www.CabinJohnIce.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.*

### Wheaton Ice Arena **ParkPASS**

Wheaton Regional Park  
11717 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3000 • [www.WheatonIceArena.com](http://www.WheatonIceArena.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.*

## LACROSSE

**NEW!**

### Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

## MINIATURE GOLF

### South Germantown Miniature Golf

South Germantown Recreational Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## NATURE CENTERS

### Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park  
20926 Lake Ridge Dr., Boyds, MD 20841  
301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)

### Brookside Nature Center **ParkPASS**

Wheaton Regional Park  
1400 Glenallan Avenue, Wheaton, MD 20902  
301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)

### Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park  
7777 Democracy Boulevard, Bethesda, MD 20817  
301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

### Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park  
5100 Meadowside Lane, Rockville, MD 20855  
301-258-4030 • [www.MeadowsideNature.org](http://www.MeadowsideNature.org)

## SOCCER

**NEW!**

### Wheaton Sports Pavilion

in Wheaton Regional Park (former Outdoor Rink)  
11751 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3070 • [www.WheatonSportsPavilion.com](http://www.WheatonSportsPavilion.com)  
200' x 85' covered synthetic turf (Nike Grind) playing field;  
rent for soccer, lacrosse, futsal, league play and more.

## SPLASH PLAYGROUND

### South Germantown Splash Playground

South Germantown Regional Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## SKATEBOARDING & INLINE

### Olney Manor Skate Park

Olney Manor Regional Park  
16601 Georgia Avenue, Olney, MD 20832  
301-905-3095 • [www.OlneyManorSkate.com](http://www.OlneyManorSkate.com)

## TENNIS (Indoor)

### Pauline Betz Addie Tennis Center **ParkPASS**

at Cabin John Regional Park  
7801 Democracy Blvd., Bethesda, MD 20817  
301-765-8650 • [www.CabinJohnTennis.com](http://www.CabinJohnTennis.com)

### Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park  
11715 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3030 • [www.WheatonTennis.com](http://www.WheatonTennis.com)

## TENNIS (Outdoor)

*Outdoor courts are available to use free of charge on a first-come, first-served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring, summer and fall.*

Complete court list: [www.MontgomeryParks.org](http://www.MontgomeryParks.org)  
Outdoor tennis lesson info: [www.ParkPASS.org](http://www.ParkPASS.org)  
Reserve a court: [www.ParkPermits.org](http://www.ParkPermits.org)

## TRAILS

Visit [www.MontgomeryTrails.org](http://www.MontgomeryTrails.org) for maps and detailed information about the 200 miles of trails in the Parks.

## TRAINS (Miniature)

### Cabin John Miniature Train

Cabin John Regional Park  
7410 Tuckerman Lane, Rockville, MD 20852  
301-765-8670 • 301-650-2880 party rentals  
[www.CabinJohnTrain.com](http://www.CabinJohnTrain.com)

### Wheaton Miniature Train

Wheaton Regional Park  
2000 Shorefield Road, Wheaton, MD 20902  
301-942-6703 • 301-650-2880 party rentals  
[www.WheatonTrainandCarousel.com](http://www.WheatonTrainandCarousel.com)

## CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks athletic fields is managed by the Office of Community Use of Public Facilities (CUPF).

To reserve a ballfield, visit [www.MontgomeryCountyMD.gov/CUPF](http://www.MontgomeryCountyMD.gov/CUPF) or call 240-777-0311.



## Children's Day

### Eat Like a Rainbow

Saturday, September 15, 11:00am-4:00pm

Move and groove throughout the day while learning about healthy food choices, gardening and keeping fit. Understand where your food comes from, plant a vegetable, play games, get your face painted and have lots of fun!

### Live Music (Shows at noon & 2:00pm)

Listen to nationally known guitarist, singer and songwriter **Jay Mankita** perform songs from his newest album, *Eat Like A Rainbow* (a Parent's Choice Approved Award Winner), and featured as part of the USDA's "Team Nutrition." After the show, see Jay's touring van, the "Veggie-Voyager" – it's powered by recycled vegetable oil! **FREE**



## Wings of Fancy

### Live Butterfly and Caterpillar Exhibit

Through Sunday, September 16, 10:00am-4:00pm daily

Fees: \$6 adults; \$4 ages 3-12

## Chrysanthemum Display

### Autumn Harvest

October 6 - November 25

10:00am-5:00pm daily; **FREE**

Note: South house closes November 12



## Pumpkin Panache Family Festival

Friday, October 19, 5:00-8:00pm

See details on page 116



## Trees Matter Symposium

**Trees and the Built Environment**  
Thursday, November 15, 8:00am-5:00pm

Given what we know about the importance of trees, we must do all that we can to ensure their survival in our built environment. Attend the inaugural Trees Matter Symposium and learn from some of the country's leading experts about innovative efforts to plant, protect and preserve trees in urban and suburban settings. Visit [www.MontgomeryParks.org](http://www.MontgomeryParks.org) for more information.

**Fee: \$59; Register for course number # 213051 at**

**[www.ParkPASS.org](http://www.ParkPASS.org).** Location: Silver Spring Civic Building, 1 Veterans Place, Silver Spring, MD

## Garden of Lights

November 23 to January 6

**One million twinkling lights illuminate the Gardens!**

The Train Exhibit opens November 23 at 5:30pm

Monday-Thursday: 5:30-9pm (last car at 8:30pm) - \$20

Friday-Saturday: 5:30-10pm (last car at 9:30pm) - \$25

Sundays: 5:30-9:00pm (last car at 8:30pm) - \$25

Closed: December 24 & 25, and January 1-3

Open: New Year's Eve until 9:00pm





## Adult Programs

### Gardening 101—Local Edition

Whether you're new to the area, new to gardening or just want to increase your local gardening knowledge, this lecture series is for you. Kathy Jentz, Editor/Publisher of *Washington Gardener Magazine*, will lead you through the basics and share the success secrets of veteran local gardeners. You'll learn from the experiences of others what to do and *not* to do to avoid costly mistakes in your own garden. FOBG: \$15

#### Session 1: Local Resources

213114 18 & up 1 Class \$18 9/20 Th 2:00pm-3:00pm

#### Session 2: Regionally Adapted Plants

213115 18 & up 1 Class \$18 9/27 Th 2:00pm-3:00pm

#### Session 3: Local Gardening 102

213121 18 & up 1 Class \$18 10/4 Th 2:00pm-3:00pm

### Vegetable Gardening Basics

Join horticulturist Carol Allen to learn some basics of home vegetable gardening in this two-part lecture series. Register for both sessions, or choose the class that suits your level of interest and skill. FOBG: \$15

#### Extend Your Growing Season with Cool-Season Crops

214249 18 & up 1 Class \$18 9/26 W 6:30pm-8:00pm

#### Enjoying and Preserving the Bounty from Your Garden

214250 18 & up 1 Class \$18 10/10 W 6:30pm-8:00pm

### The Ayurvedic Detox Challenge!

Yearning for more energy? Want to rejuvenate your body, mind and spirit? If so, the Ayurvedic Detox Challenge is for you! Ayurveda, a 5,000-year-old science of wellness from India, teaches that our individual constitution is constantly being bombarded by numerous forces. Ayurveda recommends a special 8-day detox (Purva Karma) that you can do at home. This lecture and demonstration will teach you a 9-day Yogic detox routine, including simple recipes and delicious teas to restore balance to your body. FOBG: \$18

212999 18 & up 1 Class \$22 10/6 Sa 10:00am-12:00pm

### Design Extraordinary Mixed Plantings

The most memorable planting beds are those that provide contrast, variety, textural differences and color throughout the year. Their visual interest rests in their ability to continually change, season after season. A true mixed planting exemplifies teamwork, and must be carefully orchestrated to avoid visual dysfunction while creating visual harmony. Enjoy this 6-hour workshop in which Scott C. Scarfone, ASLA of Oasis Design Group will lead you through the process to create extraordinary mixed plantings. FOBG: \$75.

213049 18 & up 1 Class \$85 10/10 W 9:00am-4:00pm

### Simply Modern Flowers

Nothing brightens a home like fresh flowers. Learn a number of quick and easy techniques to create stunning, simple arrangements with commonly available flowers in this 3-part workshop (Oct. 10, 17 & 24).

*Fee covers materials to make one arrangement each week. FOBG: \$125*

214350 18 & up 3 Classes \$139 10/10 W 6:30pm-8:00pm

### Dried Autumn Wreath with Jane Pettit

Make a stylish and sophisticated statement for your home with this seasonally colorful door-sized wreath.

*Fee covers all materials. FOBG: \$49*

214599 18 & up 1 Class \$54 10/11 Th 1:00pm-3:00pm

### The 2-for-1 Container

Join Joan O'Rourke, Friends of Brookside Gardens to plant a unique container that will provide a colorful accent this fall, followed by a beautiful bulb display in spring. *All supplies, planting and care instructions will be included. FOBG: \$54*

211899 18 & up 1 Class \$59 10/25 Th 10:00am-12:00pm

211900 18 & up 1 Class \$59 10/26 F 10:00am-12:00pm

### Close-ups in the Garden

Capture stunning close-ups of flowers and garden creatures in Brookside's beautiful gardens. Learn and apply close-up photographic techniques that will lift ordinary images to the extraordinary. The first session of this exciting workshop includes an orientation, illustrated handout and a shooting session with the instructor. The final session of the workshop is a critique of participants' photographs and shooting session with the instructor in the garden. *NOTE: Bring all photo equipment to all sessions, including a digital memory card, extra batteries and camera manual. A tripod is optional, but highly recommended. While point-and-shoot cameras are welcome, please be reminded that these cameras have limited options. FOBG: \$44*

213399 18 & up 2 Classes \$49 10/27 Sa 8:00am-10:00am

### Ayurvedic Cooking for Healing

Ayurveda, Yoga's ancient partner in spirituality and healing, encompasses the healing of body, mind and spirit through diet, lifestyle and rejuvenation. Ayurveda provides insight about which foods will suit and balance each individual, how to prepare and cook these foods properly and avoid what will create toxins in the body. Liz Chabra will focus more on diet and the guidelines for eating to strengthen and heal your body, mind and spirit. FOBG: \$35

213001 18 & up 1 Class \$40 11/3 Sa 10:00am-1:00pm



### Saturday Storytimes

October 6-December 8

Encourage your child's imagination and creativity at our free nature story and craft. We'll read a different story each week, followed by a hands-on craft. Join us on Saturdays, 10-10:30am. For children ages 3-6. No registration required—just show up and enjoy!





### Mixed Winter Container

Join Joan O'Rourke to create a container garden with plants that can withstand winter's harshest weather. Mix dwarf evergreens with a splash of herbaceous plants for some late-season color. *Cost covers all materials, including a 14" container (or bring your own favorite container).* **FOBG: \$68**

211901 18 & up 1 Class \$75 11/13 Tu 10:00am-12:00pm  
211902 18 & up 1 Class \$75 11/13 Tu 1:30pm-3:30pm

### Thanksgiving Centerpiece

Join Karen Nelson Kent, AFID to create a beautiful Thanksgiving centerpiece combining flowers and colorful seasonal materials. Adorn this year's holiday table with a striking accent. **FOBG: \$45**

213201 18 & up 1 Class \$49 11/20 Tu 1:30pm-3:30pm



### Fig Fiesta

High in nutrients and deliciously sweet, once-rare fresh figs are everywhere these days. Take advantage of the abundance with four new recipes from the Cook Sisters. **FOBG: \$28**

211801 18 & up 1 Class \$32 9/19 W 12:00pm-1:30pm

### Mushroom Madness

The woody allure of mushrooms is at the heart of much of fall cooking. Learn new and innovative ways to use these perennial favorites. **FOBG: \$28**

211800 18 & up 1 Class \$32 10/24 W 12:00pm-1:30pm

### Pumpkin Party

Back by popular demand, an all-pumpkin/winter squash program with four new recipes for these versatile, must-have cold-weather veggies. **FOBG: \$28**

211802 18 & up 1 Class \$32 11/14 W 12:00pm-1:30pm

### Artful Artichokes

Legendary globe thistles of France take center stage in this line-up of recipes that deploy the surprisingly sweet and highly nutritious vegetable in unusual ways. **FOBG: \$28**

211849 18 & up 1 Class \$32 12/12 W 12:00pm-1:30pm

### Bean Bonanza

The hardiness of shell beans makes all the difference in a winter soup or stew. High in protein, these legumes can even take the place of meat. The Cook Sisters will show you how. **FOBG: \$28**

211850 18 & up 1 Class \$32 1/23 W 12:00pm-1:30pm

### Gluten Gone

Old favorites without the gluten—learn ways to make familiar dishes using fresh local ingredients, so you won't even notice the gluten is gone! **FOBG: \$28**

211851 18 & up 1 Class \$32 2/20 W 12:00pm-1:30pm

## Children's Programs

### Flower Buds

Gardening activities, stories, crafts and garden walks for children ages 3-5, accompanied by a parent.

213499	3-5yrs	1 Class	\$5	9/10	M	10:30am-11:30am
213500	3-5yrs	1 Class	\$5	10/8	M	10:30am-11:30am
213501	3-5yrs	1 Class	\$5	11/12	M	10:30am-11:30am
213502	3-5yrs	1 Class	\$5	12/10	M	10:30am-11:30am
213503	3-5yrs	1 Class	\$5	1/14	M	10:30am-11:30am
213504	3-5yrs	1 Class	\$5	2/11	M	10:30am-11:30am

### Pumpkin Panache Family Festival

The whole family will enjoy this event, which includes a pumpkin painting craft in the Visitors Center, an illuminated stroll to the Conservatory featuring Brookside Gardens' Fall Chrysanthemum and Harvest Display, and the chance to taste a few pumpkin treats!

Participate in a fun scavenger hunt to learn about different pumpkins and gourds throughout the Conservatory. *Please register children ages 2 and up; parents are free.*

213866 All Ages 1 Class \$8 10/19 F 5:00pm-8:00pm

### Fall Harvest Scavenger Hunt

Have some fall season fun throughout the Gardens. Start at the Visitors Center and follow the colorful leaf trail leading you to the Conservatory and back again. Along the way, hunt for seasonal clues and participate in fun activities, exercises and crafts.

213899	2-6yrs	1 Class	\$5	11/16	F	10:00am-10:30am
214299	2-6yrs	1 Class	\$5	11/16	F	10:30am-11:00am
214300	2-6yrs	1 Class	\$5	11/16	F	11:00am-11:30am
214301	2-6yrs	1 Class	\$5	11/16	F	11:30am-12:00pm
214302	2-6yrs	1 Class	\$5	11/16	F	12:00pm-12:30pm
214303	2-6yrs	1 Class	\$5	11/16	F	12:30pm-1:00pm

Become a  
Friend of

*Brookside*  
GARDENS



The benefits are many, including discounts at area nurseries and garden centers, 10% off at our gift shop (except sale items), 10% off at the Friends' Fall Plant sale, and discounts on many Brookside Gardens programs (that's what the "FOBG" means in the class listings). Visit [www.BrooksideGardens.org](http://www.BrooksideGardens.org) for more details.

# Lessons from the Past at Kingsley Schoolhouse

Sunday, September 23

1:00 pm - 4:00 pm

Free Admission

Little Bennett Regional Park, Clarksburg, MD 20871

Built in 1893, Kingsley Schoolhouse is one of the best remaining examples of a one-room schoolhouse in Montgomery County. Located in the secluded "Froggy Hollow" section of Little Bennett Regional Park, the schoolhouse is furnished as it appeared in the 1920s.

## Activities for the entire family

Guided tours of the schoolhouse

Meet and greet former students

Bring a picnic and enjoy lunch by the stream

Enjoy old fashioned games

- ♦ Sack Races
- ♦ Cake Walk
- ♦ Dodge Ball
- ♦ Nail Driving Contests

**HistoryInTheParks.org**  
**301-528-3451**

*Sponsored in part by the Friends of Little Bennett Regional Park, the Clarksburg Historical Society, Inc., Clarksburg Lions Branch and the Montgomery Parks*



Calling all history buffs, inquisitive geeks and the generally curious

**Coming Fall 2012**

# Group Historic Sites Tours

Tues - Fri  
\$5 Students  
\$5 Seniors  
\$7 Adults

Oakley Cabin African American Museum & Park  
Underground Railroad Trail ♦ Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ visit [HistoryInTheParks.org](http://HistoryInTheParks.org)



## FALL INTO Little Bennett

Fall camping is great at Little Bennett, with cooler temperatures, fewer bugs, and beautiful colors all around. Take a weekend (or a week!) this fall and come camping.

- **91 private, wooded campsites**
- **20+ miles of hiking, biking & equestrian trails**
- **Four orienteering courses**  
(download maps from our website)
- **Camp Store** with snacks, firewood, souvenirs, free book exchange and more



### Fall Events FOR CAMPERS

- Meet the **Mid-Atlantic Search & Rescue Dogs**  
Saturday, August 4 & September 1
- **Family Film Under the Stars** | Saturday, August 18
- **Craft time, guided trail hikes, and ice cream socials** every Saturday

Regular full-time camping  
through October 31.  
Limited camping Fridays &  
Saturdays in November  
(bathhouses closed)

Tent  
sites  
\$21 a night  
Electric sites  
\$31 a night.\*

### Camper-Ready CAMPING

Want to try camping but don't have the gear? Let us set up your campsite for you! Ask for our "Camper-Ready Camping" package, and for just \$25 more per night, we'll set up your site with a four-person tent, two camp chairs, propane stove and lantern.



A camper-ready site is just waiting for you!

# Get away from it all at...



**Little Bennett Campground**  
23701 Frederick Rd. | Clarksburg, MD 20871  
301-528-3430 | [www.LittleBennettCampground.com](http://www.LittleBennettCampground.com)





# Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)  
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

## Nature Programs in Black Hill Regional Park

### Toddlers & Preschool

Ages 6 & under

*Registration is required, and all children must be accompanied by an adult unless otherwise noted.*

#### Fishing with Lil' Ones

Let's go fishin' like Tom Sawyer! We'll provide bamboo poles, line, and bait, and see what we can catch off the dock at Little Seneca Lake. FOBH \$6

212549 3-6yrs 1 Class \$7 9/7 F 9:30am-11:00am

#### Time For Tots

Enjoy a story, then go outside to explore nature with a Park Naturalist. FOBH \$4

##### • Spiders

We'll spin a tale of spider stories, then search the trail for spiders and their webs.

212600 18M-36M 1 Class \$5 9/10 M 10:00am-10:45am

##### • Time for a Winter Nap

Enjoy a story and take a hike to discover how animals get ready for winter.

212601 18M-36M 1 Class \$5 11/2 F 10:00am-10:45am

### Children Ages 6-12

*Registration is required, and all children must be accompanied by an adult unless otherwise noted.*

#### School's Out Hike

School's out! Pack a lunch and enjoy the fall weather on a 2-3 mile hike in the Ten Mile Creek area of Black Hill Regional Park. FOBH \$12

*Meet at Black Hill Visitor Center. Children 8 and under must be accompanied by an adult.*

212708 6-12yrs 1 Class \$14 11/6 Tu 10:00am-2:00pm

### Mixed Ages Ages 1-17

*Registration is required, and all children must be accompanied by an adult unless otherwise noted.*

#### All About Insects

What kind of animal has six legs, three body parts and an exoskeleton? An insect, of course! We'll use nets to catch some resident creatures living in a meadow in Rachel Carson Conservation Park. FOBH \$4

212599 2-12yrs 1 Class \$5 9/9 Su 12:30pm-1:30pm

### Seeds at Black Hill

Hunt for seeds in the meadow and forest, and learn about how they make food for animals and new plants in the spring. We'll do a craft using seeds, too.

FOBH \$5

212710 2-12yrs 1 Class \$6 11/10 Sa 12:30pm-1:30pm

### Programs for All

*Registration is required, and all children must be accompanied by an adult unless otherwise noted.*



#### Can You Canoe?

Experience the romance and adventure of the canoe —America's native watercraft. Have fun learning the potential of these

versatile boats with the help of one of our expert instructors. Canoes, paddles and vests are provided. Two people to a canoe; bring a friend or we'll pair you up with a partner. FOBH \$12

214149 All Ages 1 Class \$14 9/1 Sa 9:00am-11:00am

#### Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Insectivorous bats will be out, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. FOBH \$5  
*Please register and pay for all participants.*

212650 6 & up 1 Class \$6 9/5 W 6:00pm-7:30pm

212649 6 & up 1 Class \$6 9/13 Th 6:00pm-7:30pm

212651 6 & up 1 Class \$6 9/24 M 6:00pm-7:30pm

212652 6 & up 1 Class \$6 10/11 Th 5:00pm-6:30pm

212653 6 & up 1 Class \$6 10/18 Th 5:00pm-6:30pm

#### Beginning Recreational Kayaking

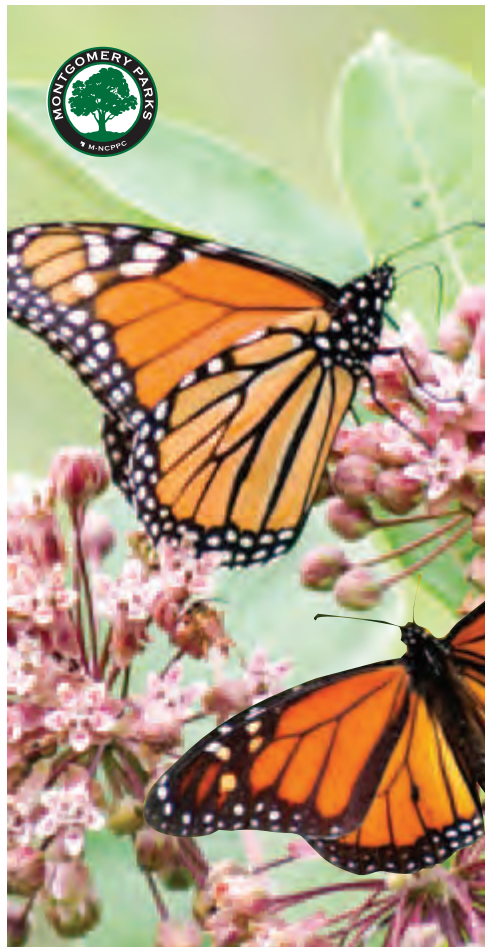
Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more. We won't roll, but you'll get wet, so dress accordingly. FOBH \$12.

*You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please) and bring water and sunscreen.*

214156 12 & up 1 Class \$14 9/7 F 6:00pm-8:00pm







# Monarch

## Fiesta Day!

All ages  
welcome to this  
**FREE** event!

Join our celebration of the Monarch butterfly  
and its amazing annual migration to Mexico!

**Saturday, September 1, 10a.m.- 3p.m.**

**FEATURING:** Monarch Tagging and Release, Tours of the  
Monarch Waystation, Nature Photography, Migration  
Activity, Monarch Photo Opportunity, Insect Hunt,  
Monarch Movie, Storytime, Crafts and more!



BLACK HILL VISITOR CENTER  
20926 Lake Ridge Dr., Boyds, MD 20841  
301-528-3492 [www.BlackHillNature.org](http://www.BlackHillNature.org)

## Look What Else You Can Do @Montgomery Parks Nature Centers!

**Have a  
Birthday Party**



**Discover a Nature  
Exploration Area**



**Rent a  
Campfire Ring**



**Hike  
a Trail**



**For more information, please contact:**



BLACK HILL  
VISITOR CENTER  
301-528-3492  
[BlackHillNature.org](http://BlackHillNature.org)



BROOKSIDE  
NATURE CENTER  
301-962-1480  
[BrooksideNature.org](http://BrooksideNature.org)



LOCUST GROVE  
NATURE CENTER  
301-765-8660  
[LocustGroveNature.org](http://LocustGroveNature.org)



MEADOWSIDE  
NATURE CENTER  
301-258-4030  
[MeadowsideNature.org](http://MeadowsideNature.org)

## The Meadow in Fall

In fall the meadow is abuzz with activity! We'll see butterflies and grasshoppers as well as the goldfinches that feast on ripening thistle seeds. We will use nets, hand lenses and other equipment to study the creatures we find. FOBH \$4

9/6 and 10/17 groups will meet in the meadow at Black Hill Visitor Center; 9/8 and 9/15 groups will meet Volunteer Naturalist Sujata Roy at the gravel lot across the road from the public boat ramp in Black Hill Regional Park.

212878	1 & up	1 Class	\$5	9/6	Th	4:30pm- 5:30pm
216349	1 & up	1 Class	\$5	9/8	Sa	11:00am-12:00pm
216350	1 & up	1 Class	\$5	9/15	Sa	11:00am-12:00pm
212879	1 & up	1 Class	\$5	10/17	W	11:00am-12:00pm

## School's Out Pontoon Boat Cruise

Take a ride on the *Kingfisher* pontoon boat and look for wildlife and waterfowl living at beautiful Little Seneca Lake. FOBH \$5.

Please register and pay for all participants. Children must be accompanied by an adult. Meet at Black Hill Boats dock.

212699	4 & up	1 Class	\$6	9/17	M	2:00pm- 3:30pm
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## Nocturnal Acrobats: Flying Squirrels

Flying squirrels are often more abundant than gray squirrels, but we rarely see them because they're nocturnal, becoming active after dark. After a brief talk and video about flying squirrels, we'll walk to a nearby wooded area. We'll use peanuts to lure them closer, then watch as they swoop in to grab a bite. Volunteer Naturalists: Ed and Karen Escalante. FOBH \$4.

214252	6 & up	1 Class	\$5	9/22	Sa	7:00pm- 8:00pm
214253	6 & up	1 Class	\$5	10/13	Sa	6:30pm- 7:30pm
214254	6 & up	1 Class	\$5	11/10	Sa	5:00pm- 6:00pm

## Pontoon Boat: Autumn Colors Cruise

Take a ride on the *Kingfisher* pontoon boat with a Naturalist as your guide, watching for wildlife and taking in the beautiful fall colors. FOBH \$5

Dress for the cool autumn weather. Please register and pay for every participant.

212880	3 & up	1 Class	\$6	10/10	W	11:00am-12:00pm
212881	6 & up	1 Class	\$6	10/25	Th	5:00pm- 6:15pm
212882	3 & up	1 Class	\$6	10/31	W	11:00am-12:00pm
212883	6 & up	1 Class	\$6	10/31	W	4:30pm- 5:45pm

## What's in the Woods?

Discover the obvious and not-so-obvious changes in a deciduous forest in the fall. We'll go on a scavenger hunt along a one-mile loop in Little Bennett Regional Park. FOBH \$4. Meet at Hawk's Reach Activity Center.

213999	6 & up	1 Class	\$5	10/13	Sa	10:00am-11:00am
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## Hike to the Ancient Trees!

There's no school today, so let's go exploring! Join us as we travel to Wye Island's School House Woods—an old growth forest with many trees that are 300 years old, and a holly tree that's 400 years old! On our way home we'll stop at and explore the Chesapeake Exploration Center in Kent Narrows. FOBH \$13

Fee includes transportation from Black Hill Visitor Center.

Please bring water and a picnic lunch, and dress for hiking.

212953	9 & up	1 Class	\$15	11/5	M	8:30am- 4:00pm
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## Harvesting from Nature

Join us as we hunt for plants and plant products that were traditionally harvested this time of year by native peoples and/or the settlers seeking food, medicine, and materials used in everyday life. FOBH \$16

214161	10 & up	1 Class	\$18	11/6	Tu	11:00am-1:00pm
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## Birding Basics for Families

Are you always watching birds and wondering what species they are? Come and learn how to identify some of the more common birds you see in your neighborhood and in the parks. FOBH \$5

Bring your own binoculars or borrow ours. Please register and pay for all participants.

212709	4 & up	1 Class	\$6	11/10	Sa	9:00am-10:30am
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## Night Hikes: Up County

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Tonight we'll meet at the Kingsley parking area and explore the trail along Little Bennett



Creek. Hike is approximately one mile. FOBH \$4 Please print your ParkPASS confirmation receipt for directions.

212707	8 & up	1 Class	\$5	11/28	W	6:00pm- 7:00pm
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## Adults Ages 18 & up

Registration is required unless otherwise noted.

## Intro to Fishing Workshop

Fishing is a favorite holiday and leisure time activity for those in the know. But what if you don't know how or where to fish? Let us teach you! You'll have a great time, and if you have kids, you can pass on what you've learned to them. We'll spend half a day at Black Hill learning lake fishing, and in the afternoon we'll travel by van to a small stream and try our hand at stream fishing. Light- to medium-weight spinning tackle with 6 -8 lbs. test monofilament line is recommended. FOBH \$65

214155	18 & up	1 Class	\$70	9/3	M	9:00am- 6:00pm
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## Tag a Migrating Monarch

Learn how to safely net, handle, tag, and release migrating monarchs as part of a citizen science project sponsored by Monarch Watch at the University of Kansas. Then find out how you can track the migration of tagged monarchs as they travel to the mountains of central Mexico to spend the winter. We'll caravan to nearby butterfly meadows, gardens and Monarch Waystations around the park to find nectaring and roosting monarchs. Naturalist and instructor Denise Gibbs is a monarch researcher and Monarch Conservation Specialist. FOBH \$5.

Meet at Black Hill Visitor Center.

214049	18 & up	1 Class	\$6	9/10	M	4:00pm- 6:00pm
214100	18 & up	1 Class	\$6	9/17	M	4:00pm- 6:00pm
214101	18 & up	1 Class	\$6	9/24	M	4:00pm- 6:00pm



Nature Programs  
in Black Hill Regional Park



with Black Hill  
Visitor Center

Explore a Park:  
Woodlawn Manor  
& Underground  
Railroad  
Experience Trail

Sunday, September 9  
9:00-11:00am  
ages 18 & up  
FREE #212550

Today we'll hike the Underground Railroad Experience Trail at Woodlawn Manor. Hike is approximately 3-4 miles; hike time varies with the pace of the group. Please dress for the weather in hiking gear. Meet at Woodlawn Manor.

See p.124 for more  
Wild Montgomery  
activities.





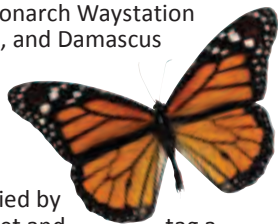
## Lake Tour by Kayak

Come for an early morning paddle or wind down after work, and enjoy a peaceful time kayaking on Little Seneca Lake with a Park Naturalist. FOBH \$12  
*Kayaking experience necessary. We'll supply boats, paddles, and PFDs. Meet at the Black Hill Boats kayak shed, below the Visitor Center.*

212703	18 & up	1 Class	\$14	9/11	Tu	5:30pm- 7:30pm
212700	18 & up	1 Class	\$14	9/21	F	7:30am- 9:30am
212701	18 & up	1 Class	\$14	9/29	Sa	5:30pm- 7:30pm
212702	18 & up	1 Class	\$14	10/17	W	8:00am-10:00am

## Monarch Butterfly Gardens Tour

We'll caravan to four certified Monarch Waystation gardens in the Boyds, Clarksburg, and Damascus areas to see the fall-blooming flowers that monarchs utilize as nectar sources to fuel their fall migration to Mexico. Get ideas of how you can create your own monarch garden and get it certified by Monarch Watch. We may even net and tag a few monarchs. Naturalist and instructor Denise Gibbs is a monarch researcher and Monarch Conservation Specialist. FOBH \$10 *Bring close-focusing binoculars or use ours. Meet at Black Hill Visitor Center.*



214050	18 & up	1 Class	\$12	9/19	W	9:00am-11:30am
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## Potomac River Heritage Kayak Trip

The "Nations River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. FOBH \$60.

*This is not an instructional course, so if you've never paddled, try Beginning Kayaking (see p.119) first. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations.*

214151	18 & up	1 Class	\$65	9/23	Sa	8:00am- 5:00pm
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## Kayak Trip to Wye Island

Explore the Eastern Shore's Wye River by kayak, and hike the trails of the Wye Island area with Park Naturalists Lynette Lenz and Ken Umbarger. This 3-day, 2-night trip includes all meals, lodging at the Department of Natural Resources Conference Lodge, transportation and all kayaking equipment. FOBH \$245  
*Previous kayaking experience necessary.*

212873	18 & up	3 Days	\$250	10/20-22	Sa-M	8am- 6pm
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## Fall Photography Van Trip

The autumn colors at Black Hill are as beautiful as anything New England can produce! This fall we'll begin our photography day on the *Kingfisher* pontoon boat on Little Seneca Lake. We'll explore the shoreline, and then continue to view fall colors at Sugar Loaf Mountain. FOBH \$20

*Fee includes transportation from Black Hill Visitor Center. Please bring your cameras and a picnic lunch.*

212877	18 & up	1 Class	\$25	10/24	W	8:30am- 3:00pm
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## Fall Colors Kayak/Canoe Tour

Join a Park Naturalist for a leisurely kayak or canoe tour of Little Seneca Lake exploring up into Ten Mile Creek searching for waterfowl, beaver, muskrat, river otter hidden amongst the scenery. FOBH \$25

*This tour is not an instructional course; you should have enough experience to be comfortable paddling for an extended period of time.*

214154	18 & up	1 Class	\$30	10/27	Sa	3:00pm- 6:00pm
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## Bombay Hook Wildlife Refuge Trip

Join Naturalist Lynette Lenz on this day trip to the Bombay Hook Wildlife Refuge Center in Delaware for some incomparable wildfowl viewing. FOBH \$35

*Fee includes transportation from Black Hill Visitor Center.*

*Please wear warm clothing and bring binoculars and lunch.*

212899	18 & up	1 Class	\$40	11/12	M	9:00am- 8:00pm
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## Fall Birding at Black Hill

Join us for a relaxed morning of birding, looking for birds that come to Little Seneca Lake to spend the winter. If we're lucky, we may see tundra swans from Canada and bald eagles! After viewing the lake from the Visitor Center, we'll carpool to other good viewing locations. Beginning birders are welcome. Volunteer Naturalists: Tim Gier and Ed Escalante. FOBH: \$4.

*Spotting scope provided; please bring binoculars.*

213349	18 & up	1 Class	\$5	11/24	Sa	9:00am-11:00am
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## Ladies Trek

Want to hike but don't quite know where to go? Meet other women and hike some park trails with a Park Naturalist. FOBH \$6

*Hike length varies with the pace of each group. Please wear hiking boots or other sturdy shoes.*

### • Seneca Creek Greenway

Today we'll explore the Seneca Creek Greenway between Brink and Watkins Mill Roads.

212706	18 & up	1 Class	\$7	11/25	Su	9:00-11:00am
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## Friends of Black Hill ("FOBH")

## FALL 2012 Meetings

Tuesday evenings  
 6:30- 8:30pm

September 25  
 October 23  
 November 27

Want to be a FOBH? Visit

**BlackHill**  
**Nature.org**  
 and join today!



# Maryland Emancipation Day Celebrations 2012

Enslaved persons living in Maryland were freed by a new state constitution on November 1, 1864. Join us for the Maryland Emancipation Day Celebrations. Most Saturday and Sunday events are free and open to the public.

## Saturday, November 3

**9:00 AM - 12:00 NOON**

**Underground Railroad Experience Hikes**  
**Woodlawn Manor Cultural Park**  
16501 Norwood Rd., Sandy Spring, MD 20860



**11:00 AM - 3:00 PM**

**Sandy Spring Slave Museum and**  
**African Art Gallery Open House**  
*Lunch available for purchase*  
18524 Brooke Rd., Sandy Spring, MD 20860



**12:00 NOON - 4:00 PM**

**Oakley Cabin**  
**African American Museum & Park**  
3610 Brookeville Rd., Olney, MD 20832  
Tours, Music, Archaeology Dig, Children's Crafts,  
Living History Demonstrations

**Button Farm Living History Center**  
**Tours & Demonstrations**  
16820 Black Rock Rd., Germantown, MD 20874

**Sandy Spring Museum Open House**  
17901 Bentley Rd., Sandy Spring, MD 20860

**10:00 AM - 4:00 PM**

**"Moving Freedom About"**  
**Bus Tour of Montgomery County**  
**African American Historic Sites**  
Organized by Lincoln Park Historical Foundation  
Pre-registration required.

## Friday, November 2 Special Night Hike

**7:00 PM - 9:30 PM**

**"Voices of the**  
**Underground Railroad"**

**Woodlawn Manor Cultural Park**  
*\$5 Admission. Pre-registration required.*  
*Appropriate for children ages 10 and older.*  
ParkPASS.org course # **215299**

## Sunday, November 4

**12:00 NOON - 4:00 PM**

**Josiah Henson Special Park Tours**  
11420 Old Georgetown Rd., N. Bethesda, MD 20852

**Button Farm Living History Center**  
**Tours & Demonstrations**  
16820 Black Rock Rd., Germantown, MD 20874

**Sandy Spring Museum Open House**  
17901 Bentley Rd., Sandy Spring, MD 20860

**HistoryInTheParks.org**  
**301-650-4373**







Explore

# WILD MONTGOMERY

Explore wild Montgomery County with a Montgomery Parks Naturalist or Natural Resource Specialist! Discover beautiful public places close to home, and learn fascinating natural history from Park experts.



## SEPTEMBER

SUNDAY, SEPTEMBER 9 • Black Hill Visitor Center

### Explore a Park: Woodlawn Manor & Underground Railroad Experience Trail

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Black Hill Naturalist as your guide. Today we'll hike the Underground Railroad Experience Trail at Woodlawn Manor. Hike is approximately 3-4 miles; hike time varies with the pace of the group. Please dress for the weather in appropriate hiking gear. Meet at Woodlawn Manor.

212550 18 & up Free 9:00am-11:00am

FRIDAY, SEPTEMBER 14 • Locust Grove Nature Center

### Friday Foray: Wildlife Wander at Riley's Lock

Search for a variety of wildlife as we walk a leisurely 2 miles along the C&O Canal towpath. This is your end-of-summer opportunity to see butterflies, dragonflies, turtles, frogs, and summer birds before the cooler weather arrives! Bring your binoculars, or borrow a pair from us.

213655 18 & up Free 10:00am-12:00pm

## OCTOBER

FRIDAY, OCTOBER 19 • Locust Grove Nature Center

### School's Out Hike

No school today—let's take a hike! Enjoy the fall weather as we hike 2-3 miles on the Cabin John Stream Trail. The hike departs from the Nature Center. Adults must accompany children; please register all participants.

213656 6-12yrs Free 10:00am-12:00pm

THURSDAY, OCTOBER 25 • Brookside Nature Center

### Green Farm Conservation Area

Let's get out and enjoy a late fall day in this quiet 204-acre Conservation Park. This will be an easy-to-moderate hike along ponds, streams, fields and forest. Meet in the Conservation Area parking lot at 8711 Snouffer School Road in Gaithersburg, MD (20879).

210303 16 & up Free 10:00am-12:00pm

## NOVEMBER

FRIDAY, NOVEMBER 9 • Locust Grove Nature Center


### Friday Foray: Blockhouse Point Hike

Enjoy views overlooking the Potomac River and C&O Canal as we hike a 3-mile loop through an upland forest. Bring your binoculars, or borrow a pair from us.

213657 18 & up Free 10:00am-12:00pm

For detailed maps, links to "Great Green Getaways" throughout the metro area, a list of "Best Natural Areas" in Montgomery County, and "Resources" to help you explore nature near you, please visit...

**WILDMONTGOMERY.ORG**



**Find Us  
and Nature  
on Facebook**

**Black Hill Nature Programs, Montgomery Parks**  
**Brookside Nature Center, Montgomery Parks**  
**Locust Grove Nature Center, Montgomery Parks**  
**Meadowside Nature Center, Montgomery Parks**



All programs are **FREE** and require advance registration. Register online at [www.ParkPASS.org](http://www.ParkPASS.org)  
For directions to the meeting spots, print your **ParkPASS** registration confirmation receipt.



# Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • BrooksideNature.org  
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday 1–5pm. Trails open daily, dawn to dusk.

Nature Center  
in Wheaton Regional Park

## Toddlers & Preschool Ages 0–6

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### September Symphony Storytimes

Enjoy stories about the insects and birds of September and learn how to recognize some of the sounds they make. We'll hear a different story each Sunday, then take a short walk to listen and look for our musical friends.

210649	3-6yrs	1 Class	Free	9/2	Su	3:00pm–3:30pm
210650	3-6yrs	1 Class	Free	9/9	Su	3:00pm–3:30pm
210651	3-6yrs	1 Class	Free	9/16	Su	3:00pm–3:30pm
210652	3-6yrs	1 Class	Free	9/23	Su	3:00pm–3:30pm
210653	3-6yrs	1 Class	Free	9/30	Su	3:00pm–3:30pm

### Fall Flowers

Enjoy a walk through the meadow and woods looking for fabulous fall flowers.

209601	3-6yrs	1 Class	\$5	9/11	Tu	2:00pm–3:00pm
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### Discovery Hikes

Our outdoor discovery hikes are designed specifically for "senior" preschoolers, and cater to their insatiable curiosity and sense of wonder. Who could ask for a better companion on a nature walk?

#### • Pine Lake

210299	3-6yrs	1 Class	\$5	9/12	W	1:00pm–2:00pm
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#### • A-Camping We Will Go!

Hiking, fishing and camping all in one hour? Well, sort of! We'll take a real hike, pitch a real tent and build a real fire, and pretend to fish. By the time we're finished, you'll be an expert outdoor enthusiast, ready to go camping anytime, anywhere. Rain cancels the program.

210300	3-6yrs	1 Class	\$5	9/25	Tu	1:00pm–2:00pm
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#### • All About Apples

We'll make this adventure the apple of your eye as we explore the shape, color and taste of apples with our budding young naturalists!

210301	3-6yrs	1 Class	\$5	10/12	F	1:00pm–2:00pm
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## Brookside Tot Times

Explore nature with your youngest naturalists! Learn, create, hike and discover our wonder-filled world in these highly interactive sessions.

### • Chipper Chipmunks

Those adorable little ground squirrels (Alvin and his friends) do a lot more than squeak out silly songs. In fall, they're busy stashing food in their burrows and preparing for a long, long nap. Learn everything about these toothy critters their press agents will never reveal!



209300	3-5yrs	1 Class	\$5	9/20	Th	10:30am–11:15am
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### • The Color Orange

Orange pumpkins, orange leaves, orange carrots, orange autumn! Let's surround ourselves with this bold and bracing color, and discover what makes orange so special.

209452	3-5yrs	1 Class	\$5	10/25	Th	10:30am–11:15am
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### • Funki Fungi

Shelves on the tree trunks, umbrellas on the ground, witches' butter on the branches...they're all fungi, they're all weird and they're all vitally important to our ecosystem. Let's explore them and learn why they matter.

209551	3-5yrs	1 Class	\$5	11/21	W	10:30am–11:15am
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### • Nature's Harvest

What does nature give us at the end of the summer? Let's look inside fruits and vegetables to discover the treasures hidden within.

210351	3-5yrs	1 Class	\$5	11/30	F	10:30am–11:15am
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## Autumn Leaves Storytime

Learn about leaves and what they do in the autumn. We'll turn the leaves of a different storybook each week, as we listen to tales of trees in autumn. Then we'll take a short walk to see how the real leaves change color.

210655	3-6yrs	1 Class	Free	10/14	Su	3:00pm–3:30pm
210657	3-6yrs	1 Class	Free	10/28	Su	3:00pm–3:30pm

## Fall Leaves

Look for beautiful colored leaves and enjoy the crisp autumn air as we explore the Oak Ridge Trail.

209607	3-6yrs	1 Class	\$5	10/23	Tu	2:00pm–3:00pm
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## Autumn Art with Nuts and Seeds

Explore the woods and the meadow looking for nature's inspiration. Then use leaves, nuts and seeds to make a beautiful art project.

209608	3-6yrs	1 Class	\$5	10/24	W	2:00pm–3:00pm
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Nature Center  
in Wheaton Regional Park

## Halloween Creatures

Let's look for signs of creatures that make us think of Halloween, and find out where they live and what they do.

209609 3-6yrs 1 Class \$5 10/31 W 2:00pm-3:00pm

## Get Ready for Winter Storytimes

Each week we'll hear a different story about how birds, mammals, insects or amphibians get ready for winter. Then we'll take a short walk to look for the places they go when the weather gets cold.

210658 3-6yrs 1 Class Free 11/4 Su 3:00pm-3:30pm

210659 3-6yrs 1 Class Free 11/11 Su 3:00pm-3:30pm

210660 3-6yrs 1 Class Free 11/18 Su 3:00pm-3:30pm

210661 3-6yrs 1 Class Free 11/25 Su 3:00pm-3:30pm

## Under the Leaves

Ever notice birds and squirrels looking under leaves? We'll take a look under them ourselves and find out what's hiding there.

209749 3-6yrs 1 Class \$5 11/9 F 2:00pm-3:00pm

## Autumn Art

Watch for birds and mammals in our woods, then make a pretty picture to help you remember the wonders of autumn.

209799 3-6yrs 1 Class \$5 11/14 W 2:00pm-3:00pm

## Thanksgiving Bird Walk

Discover which birds are still in the woods as Thanksgiving approaches and learn where they live and what they do. Then make a Thanksgiving bird mobile using pictures that you color yourself.

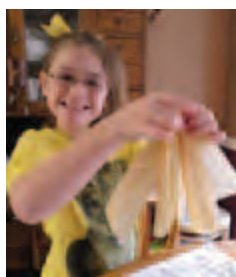
209750 3-6yrs 1 Class \$5 11/20 Tu 2:00pm-3:00pm

## Children & Youth

Ages 6–12

*Registration is required unless otherwise noted.*

*All children must be accompanied by an adult.*



### Old-Time Games and Toys

Sometimes the most engaging toys are those you make yourself. In this self-guided workshop, you can craft your own corn husk doll, whymydiddle, and clay marbles. Then exercise your strategic thinking skills with a game of

checkers, tabletop ninepins or knuckle bones! It's all fun in a tried-and-true way.

209299 6-12yrs 1 Class \$5 9/8 Sa 2:00pm-4:00pm

### School's Out Stream Splash

School's out early today, so let's grab the nets and head down to the stream!

*Please wear shoes or boots that you don't mind getting wet (no open-toed shoes, please). Rain cancels program.*

210302 6-12yrs 1 Class \$5 9/28 F 1:30pm-2:30pm

## An Afternoon at the Pioneer Cabin

Enjoy Naturalist-led games, toys and crafts from days gone by at the pioneer cabin—and learn a few new old things in the process! Rain cancels the program.

210304 6-12yrs 1 Class \$5 11/1 Th 1:00pm-2:00pm

## Weatherwise

Want to predict the weather? Think you need a lot of cool high-tech gadgetry to do so? Maybe not! There's a lot we can tell about the weather coming our way just by looking at clouds, feeling the wind, sensing the humidity and observing animal behavior. Come learn the very basics of weather forecasting as taught by nature herself.

209549 6-12yrs 1 Class \$6 11/13 Tu 2:00pm-3:00pm

## Gently Down the Stream

Can you distinguish a healthy stream from an unhealthy one? Do you know why stormwater runoff is such a huge threat to our waterways? Can you explain why marshes and wetlands need to be protected? If you've answered "no" to any of these questions, a little bit of envirosapping may give you some answers. Join us as we become environmental engineers and play with a miniature watershed to learn about where our water goes, how it gets polluted and how we can keep our streams beautiful.

209550 6-12yrs 1 Class \$5 11/17 Sa 2:00pm-3:00pm

## Mixed Ages

Ages 1–17

*Registration is required unless otherwise noted.*

*Adult must accompany children ages 8 and younger.*

### Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more!

*Please wear old sneakers or water shoes for your safety (no flip-flops or sandals).*

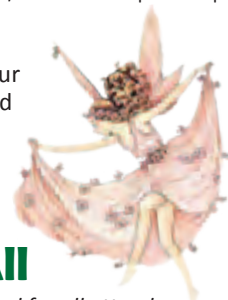
209600 6-12yrs 1 Class \$5 9/5 W 4:00pm-5:00pm

209605 3 & up 1 Class \$5 10/9 Tu 4:00pm-5:00pm

### Fairy Path

Help make a happy home for our forest fairies by creating art and music for their forest path.

209606 3-12yrs 1 Class \$5  
10/10 W 4:00pm-5:00pm



## Programs for All

*Registration and payment required for all attendees unless otherwise noted. An adult must accompany children ages 8 and younger.*

### Late Summer Family Campfire

Enjoy a last lazy evening of summer around our campfire, followed by an evening walk in the meadow.

We'll bring the marshmallows; you bring your hotdogs and buns. Meet at the Harper Log Cabin. Please register and pay for all participants.

209599 2 & up 1 Class \$3 9/4 Tu 6:00pm-7:00pm

## Early Morning Bird Walk

Morning is one of the best times to watch birds. We'll look for migrating and familiar birds that stay at the Nature Center year round, and learn some autumn birding basics. Borrow our binoculars and field guides or bring your own. Beginners are welcome!

### • Headed South in September

210352 8 & up 1 Class \$5 9/8 Sa 8:00am-9:00am

### • Tricks or Tweets: What Birds Eat

210353 8 & up 1 Class \$5 10/13 Sa 8:00am-9:00am

### • Give Thanks for Birds!

210354 8 & up 1 Class \$5 11/3 Sa 8:00am-9:00am

## Evening Bird Walk

Visit the woods, meadow and pond at Brookside Nature Center, looking and listening for birds as they get ready to turn in for the night.

Meet at the pond boardwalk by the parking lot. Please register and pay for all participants.

209602 2 & up 1 Class \$3 9/15 Sa 5:30pm-6:30pm

## Fall Family Campfire Lunch

Bring your own hotdogs and buns, we'll provide marshmallows and toasting sticks. Afterwards we'll take a walk in the woods and look for early signs of autumn. Please register and pay for all participants.

209604 2 & up 1 Class \$3 9/29 Sa 12:00pm-1:00pm

## Full Moon Club

Join the Full Moon Club and experience nature at night with a hike through the meadows and woods. We'll look and listen for signs of animals, and end the hike with marshmallows around a campfire at the Harper Cabin.

Please register and pay for all attendees.

### • Harvest Moon

210603 6 & up 1 Class \$5 9/30 Su 7:00pm-8:30pm

### • Migrating Moon

210604 6 & up 1 Class \$5 10/29 M 6:00pm-7:30pm

### • Freeze Up Moon

210605 6 & up 1 Class \$5 11/28 W 5:00pm-6:30pm

## Fall Apple Festival

Yum! Fresh homemade apple cider and gooey-crisp caramel apples! They're treats for the taste buds and definitely worth the trip to Brookside Nature Center. Bring the whole family to our Fall Apple Festival for apple games, folklore, crafts, hand pressed cider, and of course, made-from-scratch caramel apples! Learn about this versatile, all-American fruit (from Kazakhstan) and the cider-making process on a delicious fall afternoon. Reservations appreciated, but not required.

209849 2 & up 1 Class \$5 10/21 Su 11:00am-4:00pm

## Lovely Leaves Art Workshop

The best way to see leaves and their beauty is not to rake them or jump in them but to use them as the subject and means of art! In this ongoing workshop, you can print with leaves, make pictures with leaves, decorate a crown with leaves, and make a suncatcher of leaves. Come combine your ingenuity with trees' bounty for a rewarding experience.

209552 6 & up 1 Class \$6 11/3 Sa 2:00pm-4:00pm

## Press Your Own Apple Cider!

Nothing tastes better than freshly pressed apple cider. Learn how to press your own cider and go home with apple goodness to enjoy right away or freeze for your Thanksgiving celebration. You provide the apples, we provide the press. Getting set up is easy: Register

for the day you want to press, then call Brookside Nature Center at 301-962-1480 to arrange your one-hour press time on that day. Bring your own jugs for the cider you take home! Please remember, children must be accompanied by an adult.

209899 2 & up 1 Class \$25 11/4 Su 1:00pm-5:00pm

209900 2 & up 1 Class \$25 11/5 M 4:00pm-8:00pm

209901 2 & up 1 Class \$25 11/6 Tu 4:00pm-8:00pm

209903 2 & up 1 Class \$25 11/7 W 4:00pm-8:00pm

209902 2 & up 1 Class \$25 11/8 Th 4:00pm-8:00pm

## Nature in Art Extravaganza

Nature has been an inspiration for many artists; let it inspire you, too! Come for as long as you like to this family-friendly program, and let your creativity find artistic expression with sticks and stones, feathers and felt, mud and more!

Please register and pay for all attendees, and remember that all children must be accompanied by an adult.

209904 2 & up 1 Class \$5 11/4 Su 1:00pm-4:00pm

209905 2 & up 1 Class \$5 11/5 M 1:00pm-4:00pm

209906 2 & up 1 Class \$5 11/6 Tu 1:00pm-4:00pm

## Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. Rain cancels the program because squirrels don't have galoshes.

210349 1 & up 1 Class Free 11/9 F 6:15pm-7:00pm

## Fox Family in Fall

Find out where the red foxes live, hunt and play. Take a hike to our fox dens and learn what foxes do in the fall. Long pants and sturdy shoes are recommended for this half-mile round trip. Please register and pay for all attendees.

209699 2 & up 1 Class \$3 11/10 Sa 3:00pm-4:00pm

## Fall Family Fossil Foray

Visit the Chesapeake Bay and look for fossils of ancient animals, like shark teeth, whale bones and sea ray dental plates. When we get closer to the date, we'll notify you of the specific meeting site at the Bay. There's no fee for our program, but you'll need to pay any park entrance fees.

209700 2 & up 1 Class Free 11/13 Tu 1:00pm-3:00pm

## Feed the Birds!

What do birds eat for a mid-morning snack? Not Cheerios, that's for sure! Find out as you help fill the feeders, and learn our seed eaters' taste preferences, names and behaviors in the process.

210350 1 & up 1 Class Free 11/27 Tu 2:00pm-2:30pm



Nature Center  
in Wheaton Regional Park







**Adults** Ages 16 and up  
*Registration is required unless otherwise noted.*

### Ladies' Hike Out

It's fall...the heat subsides, light changes from white to gold, and there's a sense of completion as nature slows down production and begins displaying her autumn wares. It's time for a hike! Join other women who love to walk off the beaten track as we explore some of the best trails the county has to offer. We walk at a lively pace, but take time to observe and learn about the unique features of the area. *Please dress for the weather. Directions to the trailhead will be provided.*



#### • Seneca Creek Greenway Trail

We'll start at the Black Rock Mill in south Germantown and head west toward the Potomac, for a total distance of about 3 - 4 miles.

20944916 & up 1 Class Free 9/22 Sa 9:30am-11:00am

#### • Underground Railroad Guided Tour

Take a trek back into time and into an experience most Americans only read about.

*Meet at the stone barn in Woodlawn Manor Park.*

20945116 & up 1 Class Free 10/20 Sa 10:00am-12:00pm

#### • Sugarloaf Mountain

The Mountain Loop (white) Trail on Sugarloaf wraps around the peak for 2.5 miles and provides some grand views of the surrounding countryside.

*This hike is mildly strenuous, so please wear sturdy shoes and be prepared for some up-and-down segments on rocky terrain.*

20945016 & up 1 Class Free 11/3 Sa 9:30am-11:30am

### From Trash to Treasure

Tour the Montgomery County Recycling plant to learn exactly what happens to all those plastic water bottles, aluminum cans, and glass jars you so conscientiously toss in the recycling bin. Learn how your efforts to save the earth from being stuffed with trash are making a real difference.

*Transportation provided from Brookside Nature Center.*

213900 18 & up 1 Class \$10 9/27 Th 9:15am-11:45am

### Kayaking on the Patuxent

Slip into a kayak and explore the nooks and crannies of this illustrious river. We'll paddle a mile or so upstream searching among the nodding wild rice for red-winged blackbirds, ducks and other migrating waterfowl. Our lunch stop at Mt. Calvert will give us the opportunity to learn about the regions' earliest residents. With good weather, this trip will be a perfect way of absorbing autumn's vibrancy and the Patuxent's history.

*No kayaking experience is necessary, but you should be a competent swimmer. Transportation provided from Brookside Nature Center. Bring water, a sack lunch and sun protection. Limited space; register early! Please note: This trip is contingent upon the weather; high winds on the water or rain will cancel the excursion.*

209453 16 & up 1 Class \$15 10/11 Th 9:00am-3:00pm



### Teacher Tuesdays

Are you struggling to accomplish the Environmental Literacy Standards? Looking for meaningful outdoor experiences for your students? Join us on the third Tuesday of each month to learn first-hand how to use the resources and activities offered by the Nature Centers of Montgomery Parks. Light refreshments served along with great conversation!

#### • The Forest Habitat - Where We Live

209949 18 & up 1 Class Free 10/16 Tu 6:30pm-8:00pm

#### • Furs and Feathers - Adaptations

209950 18 & up 1 Class Free 11/20 Tu 6:30pm-8:00pm



### with Brookside Nature Center

Explore *wild* Montgomery County with a Park Naturalist or a Natural Resource Specialist.

#### Green Farm Conservation Area

Let's get out and enjoy a late fall day in this quiet 204-acre Conservation Park. This will be an easy-to-moderate hike along ponds, streams, fields and forest. Meet in the Conservation Area parking lot, 8711 Snouffer School Road in Gaithersburg, MD (20879).

210303 16 & up 1 Class Free 10/25 Th 10am-Noon

All Wild Montgomery programs are free and require registration. For detailed directions, print your ParkPASS confirmation receipt. See *more Wild Montgomery activities on p.124.*



### Nature All Day, Every Day!

Visit the Nature Exploration Area at Brookside Nature Center and have fun while you get to know nature! Climb through the tree tunnel, sit in a giant bird's nest, hop on the stepping stumps, and enjoy the tea party table. Open from dawn to dusk, seven days a week.



# Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • [LocustGroveNature.org](http://LocustGroveNature.org)  
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

## Toddlers & Preschool Ages 0-6

Registration is required and all children must be accompanied by an adult unless otherwise noted.

### Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds.

Outdoor activities are included in every program, so please dress for the weather.

#### • Leaves

213508 2-4yrs 1 Class \$5 9/5 W 10:00am-10:45am

#### • Feathered Friends

213509 2-4yrs 1 Class \$5 9/19 W 10:00am-10:45am

#### • Wind at Work

213510 2-4yrs 1 Class \$5 10/10 W 10:00am-10:45am

#### • Apples and Pumpkins, Oh My!

213511 2-4yrs 1 Class \$5 10/24 W 10:00am-10:45am

#### • Animal Talk

213513 2-4yrs 1 Class \$5 11/14 W 10:00am-10:45am

#### • Time to Sleep

213512 2-4yrs 1 Class \$5 11/28 W 10:00am-10:45am

## Natural Harvest

Come discover nature's bounty and learn what wild animals like to eat. We'll learn about pawpaws, nuts, mushrooms, and more!

213659 3-5yrs 1 Class \$5 9/20 Th 10:00am-11:00am

## Children Ages 6 – 12

Registration is required and all children must be accompanied by an adult unless otherwise noted.

### Homeschool Science: Fall

We invite all motivated and creative homeschoolers to Locust Grove's woodland classroom. Boost your science program through natural exploration and guided instruction.

#### • Life Under a Log

Who lives in the dark and damp beneath logs? Find out as we look for and learn some characteristics of invertebrates, including snails, slugs, millipedes, worms and pill bugs.

213549 6-10yrs 1 Class \$8 9/6 Th 10:00am-11:30am



### Homeschool Science: Fall (cont.)

#### • Animal Architects

Animals show amazing architectural skill, from the honeybees' hexagonal honeycomb structures to intricately woven bird nests. Find out how animals build homes and nests from wood, paper, beeswax, mud, grasses and silk. We'll search for animal homes outside.

213599 6-10yrs 1 Class \$8 10/25 Th 10:00am-11:30am

#### • Animal Behavior

We all know there are wild things in the woods, but what do they do all day (or night)? How do they talk to each other? How do they raise the kids? Find food and shelter? Join us for an introduction to animal behavior. We'll focus on vertebrates this session and delve into the rich social world of wildlife.

213605 6-12yrs 1 Class \$12 11/15 Th 10:00am-12:00pm

### Native Wander

Learn to look at the world through the eyes of a child growing up before metal, industrial manufacturing, and roads! Learn a little about navigating without a GPS, how to find food in the forest, and how to cook without a freezer or microwave.

213704 8-12yrs 1 Class \$6 11/8 Th 4:00pm-5:30pm

## Mixed Ages Ages 1 – 17

Registration is required and all children must be accompanied by an adult unless otherwise noted.

### Afternoon Wander

Join us for a late summer afternoon stroll through the woods and meadow to see what nature is doing. We'll explore seeds, look for late summer fruits, and keep an eye out for high-altitude migrating birds.

213654 5-12yrs 1 Class \$5 9/13 Th 4:00pm-5:00pm

### Animal Scents

Use all your senses for this wild scavenger hunt. See what you can find using your eyes, ears, and nose to discover the scent-sational world of animals. Drop in, pick up a guide, and go! Then return to the Nature Center to make an animal track necklace.

Drop in anytime during programming hours.

213660 5-12yrs 1 Class \$5 9/26 W 11:00am-2:00pm



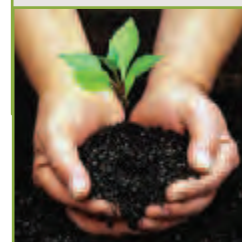
Grow your world...

## Volunteer!

Have fun and put your skills to good use at Locust Grove Nature Center! We're looking for...

**Volunteer Naturalists**  
and  
**Volunteer Gardeners**

Visit  
[ParksVolunteers.org](http://ParksVolunteers.org)  
for more info







## Fall Watch

Take a hike to watch fall happen. Depending on the weather, we might see autumn's colors blaze in the sunset, watch the leaves drift down in a gentle rain, spy on squirrels burying nuts, or surprise a fox basking in the last rays of the day.

213701 5-12yrs 1 Class \$5 10/26 F 6:00pm- 7:30pm

## Howl-o-Ween

Take a not-so-scary hike in the park and learn to identify night sounds. We'll discuss wild animals, real or imagined, and learn if nature is really so scary after all. Costumes are welcome, but please be sure they're appropriate and safe for hiking!

213702 5-12yrs 1 Class \$5 10/30 Tu 6:30pm- 7:30pm

## Programs for All

*Registration is required and all children must be accompanied by an adult unless otherwise noted.*

### Saturday Birding with Locust Grove

Jay and Diane Jones, local birding experts, will lead three Locust Grove Nature Center birding trips in September. Participants will search for southbound songbirds in the woods and riverbeds of the C&O Canal, waterfowl in a wetland wildlife refuge, and raptors from atop overlooks at Bald Knob.

*Please print out your ParkPASS confirmation receipt for directions to the meeting site.*

213650 10 & up 1 Class Free 9/8 Sa 8:00am-11:00am

213651 10 & up 1 Class Free 9/15 Sa 8:00am-11:00am

213652 10 & up 1 Class Free 9/29 Sa 11:00am- 3:00pm

### Bug Safari

Early fall is a great time to hunt for insects! Join a Naturalist in the meadow where we'll use bug nets and jars to catch insects and study them up close.

213653 3 & up 1 Class \$5 9/10 M 10:00am-11:00am

### Campfire and Nature Walk

Join us for campfire picnic, followed by an evening nature walk. Bring your own hotdogs and rolls, and we'll bring the makings for s'mores.

*Please register and pay for all participants (adults and children).*

213517 3 & up 1 Class \$5 9/21 F 6:30pm- 7:30pm

213518 3 & up 1 Class \$5 10/12 F 6:30pm- 7:30pm

213519 3 & up 1 Class \$5 11/16 F 6:30pm- 7:30pm

### Hawk Watch

It's migration time for raptors. Join Pete Givan of the Wild Bird Center of Rockville, MD in Locust Grove's lower meadow as we try to spot kettles of high flying hawks. Learn about local hawk species and their role in Montgomery County's suburban ecosystems.

*Please register and pay for all participants.*

213699 3 & up 1 Class Free 9/28 F 2:00pm- 3:00pm

## Tuesday in the Park

Join a Naturalist at the Cabin John playground off Tuckerman Lane to explore what's happening outside!

*No registration required.*

213514 1 & up 1 Class Free 10/16 Tu 11:00am-12:00pm

213515 1 & up 1 Class Free 10/30 Tu 11:00am-12:00pm

213516 1 & up 1 Class Free 11/13 Tu 11:00am-12:00pm

## Nocturnal Neighbors Festival

Celebrate the nocturnal community that keeps our neighborhood parks and forests in balance. Meet live animals, take a night hike, visit with experts, and enjoy games, crafts and a campfire...all to celebrate our underappreciated nocturnal friends.

*Advance registration is strongly encouraged, due to limited space. Please register and pay for all participants.*

213700 1 & up 1 Class \$5 10/20 Sa 5:00pm- 8:00pm

## Fruit Flies Festival

Are we celebrating those tiny, annoying flies!? Nah... we're just launching apples into the air. It's all part of our seasonal seed dispersal bash. Join us as we fling apples into the meadow, make flying seeds and seed "bombs," and learn how seeds stick to us and our animal friends. Stop by anytime during festival hours.

*Advance registration is strongly encouraged, due to limited space. Please register and pay for all participants.*

213710 1 & up 1 Class \$5 11/6 Tu 10:00am- 2:00pm

## Locust Grove Cider Days

Bring something special to your Thanksgiving celebration—apple cider that you've pressed yourself at Locust Grove! Bring lots of apples (at least 30 medium size), containers for your juice, and some muscle power. We'll show you how to prep your apples for pressing and clean the press after you use it. Go home with the best custom-made apple



cider ever! Perfect activity for organized groups.

213658 2 & up 1 Class \$20 11/11 Su 1:00pm- 1:45pm

214799 2 & up 1 Class \$20 11/11 Su 2:00pm- 2:45pm

214800 2 & up 1 Class \$20 11/11 Su 3:00pm- 3:45pm

214801 2 & up 1 Class \$20 11/11 Su 4:00pm- 4:45pm

## Adults Ages 16 and up

### Birds and Afternoon Tea

Join us at the "Birdseed Café" for an afternoon of bird-watching on the Nature Center's deck.

*Drop in anytime between 1-3pm; no reservations required.*

213505 18 & up 1 Class Free 9/2 Su 1:00pm- 3:00pm

213506 18 & up 1 Class Free 10/7 Su 1:00pm- 3:00pm

213507 18 & up 1 Class Free 11/4 Su 1:00pm- 3:00pm



### with Locust Grove Nature Center

Come on a free Naturalist-led hike this fall!

#### Friday Foray: Wildlife Wander at Riley's Lock

Friday, September 14  
10am-Noon  
#213655

#### School's Out Hike

Friday, October 19  
10am-Noon  
#213656

#### Friday Foray: Blockhouse Point Hike

Friday, November 9  
10am-Noon  
#213657

*See p.124 for details*

# Fall Events

## at Montgomery Parks Nature Centers

SEPTEMBER  
**7th**

### **Apple Festival & Campfire** at Meadowside

**6:00 - 8:00 PM, \$12 per child**

It's apple harvest time! Visit our pioneer farm and orchard for apple cider pressing, apple lore, and hands-on activities. We'll end the evening at our campfire ring for s'mores and more.

Please register and pay for kids ages 2 and up at [ParkPASS.org](http://ParkPASS.org) (#213852) Adults are free!

OCTOBER  
**20th**

### **Nocturnal Neighbors Festival** at Locust Grove

**5:00 - 8:00 PM, \$5**

Celebrate the nocturnal community that keeps our neighborhood parks and forests in balance. Meet live animals, take a night hike, visit with experts, and enjoy games, crafts and a campfire...all to celebrate our under-appreciated nocturnal friends.

Please register and pay for all attendees at [ParkPASS.org](http://ParkPASS.org) (#213700)

OCTOBER  
**21st**

### **Fall Apple Festival** at Brookside

**11:00 AM - 4:00 PM, \$5**

Yum! Fresh homemade apple cider and gooey-crisp caramel apples! They're treats for the taste buds and definitely worth the trip to Brookside Nature Center. Bring the whole family to our Fall Apple Festival for apple games, folklore, crafts, hand pressed cider, and of course, made-from-scratch caramel apples! Learn about this versatile, all-American fruit (from Kazakhstan) and the cider-making process on a delicious fall afternoon.

Please register and pay for all attendees at [ParkPASS.org](http://ParkPASS.org) (#209849)

OCTOBER  
**26th**

### **Halloween Extravaganza!** at Meadowside

**5:30 - 7:00 PM and 6:30 - 8:00 PM, \$10 per child**

It's time for Meadowside's annual Halloween Extravaganza! Wear your costume and join the Meadowside staff as we learn about all the things that go bump in the night. Includes live animals, and crafts to take home. Please register and pay for kids ages 3 and up at

[ParkPASS.org](http://ParkPASS.org) (#s 213855/213856) Adults are free!

NOVEMBER  
**6th**

### **Fruit Flies Festival** at Locust Grove

**10:00 AM - 2:00 PM, \$5**

Celebrating those tiny, annoying flies!?? Nah....we're just launching apples into the air.

It's all part of our seasonal seed dispersal bash. Join us as we fling apples into the meadow, make flying seeds and seed "bombs," and learn how seeds stick to us and our animal friends.

Please register and pay for all attendees at [ParkPASS.org](http://ParkPASS.org) (#213710)



**BLACK HILL  
VISITOR CENTER**  
301-528-3492

[BlackHillNature.org](http://BlackHillNature.org)

**BROOKSIDE  
NATURE CENTER**  
301-962-1480

[BrooksideNature.org](http://BrooksideNature.org)

**LOCUST GROVE  
NATURE CENTER**  
301-765-8660

[LocustGroveNature.org](http://LocustGroveNature.org)

**MEADOWSIDE  
NATURE CENTER**  
301-258-4030

[MeadowsideNature.org](http://MeadowsideNature.org)



Enjoy some down-home fun on the farm!

# HARVEST FESTIVAL



SATURDAY  
**OCTOBER 6, 2012**  
11 am - 4 pm



## Old-time crafts, activities, music & food

- Pumpkin fun
  - Candle making
  - Scarecrow making
  - Corn maze
  - Antique farm equipment
  - Archaeology dig
  - Live farm animals
  - Gardening talks & demo
  - Games & food
  - Live music
  - Potato scramble
- ...and much more!



No pets, please  
(guide dogs are  
welcome).

### ADMISSION:

**\$10** per car\*

**CASH ONLY**

Call for Bus/Van Parking Rates.

For info, call 301-258-4030  
on Oct. 6, call 301-721-0312

\* additional fees for some activities



**VOLUNTEERS NEEDED!**  
SSL-approved opportunity  
Call 301-495-2464



**Agricultural History Farm Park**  
18400 Muncaster Rd, Derwood, MD 20855  
[www.AgHistoryFarm.org](http://www.AgHistoryFarm.org)



# Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org  
Open Tuesday-Saturday, 9am-5pm. Trails open daily dawn to dusk.

## Toddlers & Preschool Ages 0-6

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Tiny Talon Tales

Children will spread their wings as they listen to stories of raptors and see them come alive. Listen to a raptor-themed story, meet Meadowside's own raptors, and make a craft to take home.

213752	3-5yrs	1 Class	\$5	9/4	Tu	10:30am-11:30am
214199	3-5yrs	1 Class	\$5	10/16	Tu	10:30am-11:30am
214200	3-5yrs	1 Class	\$5	11/13	Tu	10:30am-11:30am

### Life in a Log

To most, a log is just a dead tree, but really, it's an entire metropolis filled with diverse creatures. Let's go see what's living in the logs around Meadowside.

213849	3-5yrs	1 Class	\$5	9/6	Th	1:30pm-2:30pm
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### Tyke Hike

Come and discover the bustling world around Meadowside Nature Center. Take a nature mini-hike and make a craft to take home.

#### • Squirrels

213749	2-3yrs	1 Class	\$5	9/19	W	10:30am-11:15am
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#### • Hibernation

213750	2-3yrs	1 Class	\$5	10/24	W	10:30am-11:15am
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#### • Native Americans

213751	2-3yrs	1 Class	\$5	11/7	W	10:30am-11:15am
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### Starry Tales

The stars and the moon have always filled us with wonder and intrigue. Join us for stories of the moon and stars, complete with activities and a craft.

213850	3-5yrs	1 Class	\$5	9/20	Th	1:30pm-2:30pm
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### Woolly Bear Hunt

Join us as we hike through the woods, turning over rocks and logs in search of Woolly Bear Caterpillars. Some say that they can predict the coming winter weather. Also enjoy a caterpillar story and craft to make and take home with you.

213853	3-5yrs	1 Class	\$5	10/10	W	10:30am-11:30am
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### Great Pumpkin Treasure Hunt

Join us on a nature treasure hunt searching for the Great Pumpkin along our trails. Will we find a trick...or a treat? Wear a trail-friendly costume if you'd like!

213705	3-6yrs	1 Class	\$5	10/27	Sa	11:00am-12:00pm
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213706	3-6yrs	1 Class	\$5	10/30	Tu	10:00am-11:00am
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## Turkey Time

Turkey tales, turkey calls, and a turkey craft will help us explore the world of the wild turkey.

213859	3-5yrs	1 Class	\$5	11/20	Tu	10:30am-11:30am
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## Mixed Ages Ages 2-17

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Bird Behavior Bingo

Go on a hike and play bingo while looking for different ways birds behave. Win a prize for getting bingo!

213606	2-12yrs	1 Class	\$4	9/1	Sa	11:00am-12:00pm
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### Are You a Spider?

Do you have 8 eyes and 8 hairy legs? We'll read a story to learn about spiders, take a walk to look for them in the park, and make a tasty edible spider craft.

213607	3-8yrs	1 Class	\$5	9/1	Sa	1:00pm-2:00pm
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### Make a Pumpkin Bird Feeder

Pumpkins aren't just fun to decorate! Make a unique bird feeder using a pumpkin, and learn about the fall birds that may come to visit your feeder.

213806	3-10yrs	1 Class	\$7	10/23	Tu	1:30pm-2:30pm
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## Homeschool Programs

Registration is required unless otherwise noted.

### Homeschool Days

Homeschoolers, come explore Montgomery County's natural and cultural past through hikes, games, and field experiences.

#### • Apple Cider Time!

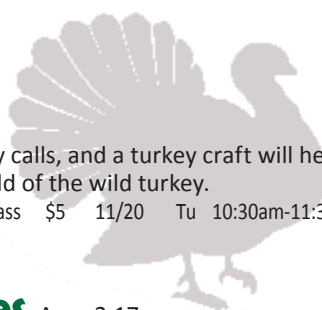
The apples have ripened on the tree, and it's time to make cider. Join us for facts, tasting, and apple cider making.

213862	6-10yrs	1 Class	\$5	9/19	W	2:00pm-3:00pm
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#### • Owls, Hawks, and Eagles of Maryland

Explore the amazing adaptations and characteristics of Maryland's birds of prey. We'll examine their feeding habits with an owl pellet dissection, look at feathers, skulls, and talons up close, and learn some of the problems raptors face in the wild.

213863	6-10yrs	1 Class	\$5	10/17	W	2:00pm-3:00pm
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MEADOWSIDE  
NATURE CENTER

You could be a  
**Meadowside  
Nature  
Center Host!**

If you like helping people and enjoy learning about local wildlife, you'll love volunteering at Meadowside Nature Center. We're looking for friendly faces to greet visitors, answer questions, check in program participants, and more. This is a once-a-week, 6-month commitment. SSL-approved. Go to [ParksVolunteers.org](http://ParksVolunteers.org) for more information!





## Meadowside's 40th Anniversary Celebration Continues!

Help us continue our 40th anniversary celebration with amazing avian-themed programs. All are scheduled for days school is out for MCPS students, so come on out and join us for all the (FREE!) fun. Meadowside's plush mascot Otus the Owl will be there to greet everyone at each program and pose for pictures with you (so bring your camera!). Please register all participants.

### Montgomery County Raptor Hike

Our urban forests still support a diverse raptor population. Learn the secrets of raptor survival and what keeps them coming back to Montgomery County. Hike prime habitat just inside Rock Creek Regional Park. Bring your own binoculars or borrow ours for this one-mile hike.

214552 8 & up FREE Wed. Sept. 26 10:30am-12:00pm

### Lunchtime with the Raptors

Meet our resident raptors along our walkway and learn what they are having for lunch. Also make a tasty treat to take home.

213808 7-12yrs FREE Fri. Sept. 28 2:00pm-2:30pm

### Festive Bird Masks

Let your creativity loose in our celebration of the birds! Use feathers, paint, and more to create fanciful bird masks. This could be the start of a great Halloween costume!

213809 3-10yrs FREE Fri. Oct. 19 10:30am-11:00am

### Otus the Owl Storytime

We'll read a short story about owls, practice our hooting skills, and meet Otus the Owl.

213810 2-10yrs FREE Tues. Nov. 6 10:00am-10:45am



## Programs for All

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. You, your family, or your group can help give the park's native plants room to grow by removing the invasive non-natives. Bring leather gloves if you have them or borrow ours. No registration required; please call in advance if you'd like to bring a group. SSL-approved.

213601 8 & up 1 Class FREE 9/1 Sa 10:00am-11:00am

213603 8 & up 1 Class FREE 10/27 Sa 2:00pm-3:00pm



Invasive plant wineberry  
(*Rubus phoenicolasius*)

### Owls, Hawks & Eagles

Observe Meadowside's hawk, owl, vulture, and bald eagle during their feeding time and ask questions! Speak with a Naturalist about birds of prey, and learn some of the stories about the raptors on exhibit.

These talks will begin at the Raptor Walkway behind the Nature Center. *No registration required.*

213753 2 & up 1 Class FREE 9/8 Sa 12:00pm-12:30pm

213754 2 & up 1 Class FREE 9/22 Sa 12:00pm-12:30pm

213755 2 & up 1 Class FREE 10/13 Sa 12:00pm-12:30pm

213756 2 & up 1 Class FREE 10/27 Sa 12:00pm-12:30pm

213757 2 & up 1 Class FREE 11/10 Sa 12:00pm-12:30pm

### Raptors of Rock Creek LIVE!

Live raptors just a few steps away is an exciting experience you won't forget! Discover what makes raptors unique among birds and learn the fantastic tools these predators have for hunting in the wild. Meet one of our resident raptors live and up close.

*Programs take place at Meadowside's campfire ring.*

*Please register and pay for all participants.*

213799 2 & up 1 Class \$3 9/25 Tu 1:00pm-1:30pm

213800 2 & up 1 Class \$3 10/19 F 1:00pm-1:30pm

213801 2 & up 1 Class \$3 11/15 Th 1:00pm-1:30pm

### Family Geocaching Adventures

Modern-day treasure hunting happens right here in our parks! Geocaches are hidden containers filled with interesting stuff that you track down using GPS units. Learn how to use a GPS unit, and spend the day on a geocaching adventure in search of local caches. We'll roast marshmallows around the campfire at the end of our September adventure!

*Meet at Meadowside Nature Center. Please bring a snack and water, and be prepared to hike (long pants and sturdy shoes strongly recommended). If you don't have a GPS unit, we'll have units for families to share. Please register and pay for all participants.*

213867 8 & up 1 Class \$12 9/27 Th 4:30pm-7:00pm

213868 8 & up 1 Class \$10 11/10 Sa 9:30am-11:30am

### Make a Scarecrow!

Spruce up your yard with a scarecrow of your very own making. We'll supply the straw and craft supplies; you supply the clothes to dress it.

*Meet at the big red barn at the Ag History Farm Park (18400 Muncaster Rd. Derwood, MD 20855). Price is per scarecrow.*

213854 2 & up 1 Class \$10 10/17 W 11:30am-12:30pm

## Scouts

Registration is required.

### Girl Scout Brownies: Hiker Badge



Girl Scouts.

Hit the trail for this badge! We'll look at trail maps to decide our route, decorate our own hiking backpacks, make our own trail mix, and take a hike to see what kinds of plants and animals we can find on our trails.

213805 6-10yrs 1 Class \$15 10/18 Th 4:00pm-5:30pm

### Webelos: Scientist Activity Badge

We'll do scientific experiments and test some famous laws of science, explore how planes fly, and learn how the brain can play tricks on us.

213857 7-10yrs 1 Class \$25 11/3 Sa 9:30am-12:00pm



## Scouts (cont.)

### Boy Scouts: Geology Merit Badge—Wild Cave Excursion!



Come learn about cave formations, cave life, and cave complexities. On the first day of this two-day adventure, we'll explore geology in the classroom through hands-on activities and experiments. On day two, we'll head to Shepherdstown, WV to a real wild cave! Everyone will get to climb, crawl, and twist through passages that few others venture to see.

Monday hours 10am-2pm; Tuesday meets 9am-5pm. Transportation provided to WV and back to Nature Center. Please remember to bring a bag lunch both days.

213858 10-17yrs 2 Classes \$110 11/5 & 6 M 10a-2p; Tu 9a-5p

### Girl Scout Brownies: Senses Badge

Explore your five senses, and compare them with those in the animal world. Test your sense of smell to a turkey vulture's. How does your eye-sight compare to an owl's? Learn how animals use their keen senses to survive, explore your own senses, and participate in fun activities and crafts and earn your Senses badge!



Girl Scouts.

213807 6-10yrs 1 Class \$15 11/13 Tu 2:00pm-3:30pm

## Pre-Teens & Teens Ages 14-17

Registration is required unless otherwise noted.



Nature Center  
in Rock Creek Regional Park

## ECOTEEN montgomery

Whether crawling through caves, hiking the Appalachian Trail or caring for owls, hawks and eagles, Eco-TEEN Montgomery gets teens outdoors learning about their environment while making a difference through environmentally based service learning projects. Eco-TEEN Montgomery is all about exploring something new, helping the environment, making new friends and (most of all) having fun!

• **Kayak and Shoreline Cleanup @ Black Hill Regional Park**  
Spend the day off from school kayaking along the shoreline of Little Seneca Lake. We'll stop to examine beaver lodges, migrating birds, and more. To help the resident wildlife, we'll pick up litter along the way and dispose of it properly. Please meet at Meadowside Nature Center. SSL hours approved! We won't roll, but we may get wet, so please dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no flip-flops), and bring water, sunscreen and bag lunch.  
213860 14-17yrs 1 Class \$7 9/26 W 9:30am-2:30pm

• **Saw-whet Owl Banding @ South Mountain**  
Join local researchers as they track the Saw-whet owl migration along South Mountain outside Middletown, MD. Learn how researchers use audio lures to attract, capture, and band the owls for research. This trip is sure to be a hoot!  
213861 14-17yrs 1 Class \$15 10/19 Fri. 8:30pm- Sat. 1:00am

## Adults Registration is required.



Nature Center  
in Rock Creek Regional Park

## Nature Matters LECTURE SERIES

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments at 6:45 pm in Meadowside Nature Center, and the one-hour lecture begins at 7 pm, followed by a Q & A session.

### Coral Reefs and the Challenges They Face

Some of us may be lucky enough to head to the Caribbean for a respite from the upcoming chilly weather. Choice vacation spots often lie adjacent to some of the world's most highly diverse ecosystems—the coral reefs. Covering less than one percent of the ocean floor, but supporting about 25 percent of all marine creatures, coral reefs are created by colonies of individual animals. Join **Michael Henley**, a National Zoo Animal Keeper specializing in corals, and learn more about these remarkably productive and endangered habitats. Find out what Smithsonian scientists, in partnership with other organizations, are doing to secure future populations of reef-building corals, the tiny animals that build these "rainforests of the sea."

213609 14 & up 1 Class FREE Thursday, October 4 6:45pm-8:00pm

### Our Wild Neighbors

Just because we don't see them doesn't mean they aren't here. Montgomery County is home to a rich diversity of creatures retaining their wild natures while living within our built environment. We'll discuss the life history and adaptations of some of our seldom-seen neighbors—from coyote, flying squirrels and river otters to the many bird species living out of sight in the tops of trees. Join Montgomery Parks Wildlife Biologist **Rob Gibbs** as he shares the latest stats and stories on the state of wildlife in Montgomery County.

213708 14 & up 1 Class FREE Wednesday, November 14 6:45pm-8:00pm





## Adults (cont.) *Registration is required.*

### Champion Tree Hiking Tour

Want to see some real giants? Join us on and around the C & O Canal to hike to some of the biggest known trees in Maryland, including the largest recorded tree in Maryland (a sycamore), the state champion cottonwood, and a magnificent silver maple, 22 feet in circumference. Also nearby is a national contender bitternut hickory.

**Carole Bergmann** (M-NCPPC Montgomery Parks Forest Ecologist and Botanist, and Forestry Board member) and **Joe Howard** of the Montgomery County Forestry Board will lead the walk.

*We'll hike about 1.5 miles along natural surface trails; please wear appropriate walking shoes. Fee includes transportation.*

213703 18 & up 1 Class \$25 10/17 W 9:30am-12:45pm



## Special Events



Meadowside  
Nature Center's Annual

### Apple Festival & Campfire

Friday, September 7 • 6–8pm

It's apple harvest time! Visit the pioneer farm and orchard at Meadowside Nature Center for apple cider pressing, apple lore, and hand-on activities. We'll end the evening with s'mores and more around the campfire.

*Please register and pay for kids; adults are free!*

213852 Ages 2 & up \$12



Photo: Katie Stoops, KatieStoops.com

## Halloween Extravaganza!

It's time for Meadowside's annual Halloween Extravaganza!

Wear your costume and join the Meadowside staff as we learn about things that go bump in the night. See live animals up close and create crafts to take home.

*Please register and pay for kids; adults are free!*

Friday, October 26 3 & up \$10  
5:30-7:00pm ParkPASS #213855

Friday, October 26 3 & up \$10  
6:30-8:00pm ParkPASS #213856



## HARVEST FESTIVAL

**Saturday, October 6 • 11am - 4pm**  
**Agricultural History Farm Park**

Enjoy some down-home fun on the farm! The 2012 Harvest Festival at the Agricultural History Farm Park will feature old-time crafts, activities, music, and food that the whole family will enjoy. Activities will include pumpkin fun, scarecrow making, live farm animals, antique farm equipment, and more.

*Best for ages 2 & up. Admission is still just \$10 per car (same as last year!). Please call 301-258-4030 to register vans and buses, and see p.132 for more details.*



## Volunteer!

If you'll come out to Meadowside and give us your time and effort to help us set up, run and clean up after these special events, we'll give you an opportunity to learn new things about nature, have lots of fun, and earn SSL hours if you need them! Visit [ParksVolunteers.org](http://ParksVolunteers.org) to apply.

### Apple Festival

**September 7, 5:15pm - 8:30pm**

Help us make fresh apple cider, learn some apple lore, and oversee other apple-related hands-on activities.

### Halloween Extravaganza

**October 26, 5:00pm - 8:30pm**

Help us make spooky crafts, learn about owls, and have fun on this howling night of family Halloween fun.



*Won't you please lend us a hand?*

# Volunteers In Parks?

## Who? Why? Naturally!

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!

- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement

- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

## How?

Visit our website [www.ParksVolunteers.org](http://www.ParksVolunteers.org) and choose "Search and Apply" for Volunteer Opportunities. You can view our current needs and apply directly online!



*This fall we have lots of events in Montgomery Parks, where we can use your help!  
See the list below ... to find out more, click **Special Events & Projects** on our website.*

- |  |   |
|--|---|
| <b>9/7</b> Apple Festival and Campfire, Meadowside Nature Center                               | <b>10/20</b> Nocturnal Neighbors Festival, Locust Grove Nature Center                                 |
| <b>9/15</b> Children's Day, Brookside Gardens  | <b>10/21</b> Fall Apple Cider Festival, Brookside Nature Center                                       |
| <b>9/29</b> National Public Lands Volunteer Service Day, Several Parks                         | <b>10/21-27</b> Community Service Week, Several Parks   |
| <b>October:</b> Haunted and Eye Spy Halloween Trains,<br>Wheaton and Cabin John Regional Parks | <b>10/26</b> Halloween Extravaganza, Meadowside Nature Center   |
| <b>10/6</b> Harvest Festival, Agricultural History Farm Park                                   | <b>11/2-4</b> Emancipation Day Events, Woodlawn Manor,<br>Oakley Cabin and Josiah Henson Special Park |
| <b>10/13</b> Young Tree Site Maintenance, Brookeville/Reddy Branch Stream Valley               | <b>11/6</b> Fruit Flies Festival, Locust Grove Nature Center  |





# TRIPS & EXCURSIONS

These trips are lead by experienced Park Naturalists and Horticulturists who will share special insights into the natural history, culture, flora and fauna of your journey.

## Black Hill Visitor Center

### Potomac River Heritage Kayak Trip

The "Nations River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. FOBH \$60.

*We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking (see p.119) first. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations.*

214151 18 & up 1 Class \$65 9/23 Sa 8:00am- 5:00pm

### Kayak Trip to Wye Island

Explore the Eastern Shore's Wye River by kayak, and hike the trails of the Wye Island area with Park Naturalists Lynette Lenz and Ken Umbarger. This 3-day, 2-night trip includes all meals, lodging at the Department of Natural Resources Conference Lodge, transportation and all kayaking equipment.

FOBH \$245 *Previous kayaking experience necessary.*

212873 18 & up 3 Days \$250 10/20-22 Sa-M 8am- 6pm

### Fall Photography Van Trip

The autumn colors at Black Hill are as beautiful as anything New England can produce! This fall we'll begin our photography day on the *Kingfisher* pontoon boat on Little Seneca Lake.

We'll explore the shoreline, and then continue to view fall colors at Sugar Loaf Mountain. FOBH \$20

*Fee includes transportation from Black Hill Visitor Center.*

*Please bring your cameras and a picnic lunch.*

212877 18 & up 1 Class \$25 10/24 W 8:30am- 3:00pm

### Hike to the Ancient Trees!

There's no school today, so let's go exploring! Join us as we travel to Wye Island's School House Woods—an old growth forest with many trees that are 300 years old, and a holly tree that's 400 years old! On our way home we'll stop at and explore the Chesapeake Exploration Center in Kent Narrows. FOBH \$13

*Fee includes transportation from Black Hill Visitor Center.*

*Please bring water and a picnic lunch, and dress for hiking.*

212953 9 & up 1 Class \$15 11/5 M 8:30am- 4:00pm

### Bombay Hook Wildlife Refuge Trip

Join Naturalist Lynette Lenz on this day trip to the Bombay Hook Wildlife Refuge Center in Delaware for some incomparable wild-fowl viewing. FOBH \$35

*Fee includes transportation from Black Hill Visitor Center.*

*Please bring binoculars, warm clothing and lunch.*

212899 18 & up 1 Class \$40 11/12 M 9:00am- 8:00pm

## Brookside Gardens

### Philadelphia Flower Show

A perennial favorite, the Philadelphia International Flower Show is always a crowd-pleaser. In 2013, the Philadelphia International Flower Show prepares for a "British Invasion." Receive the royal treatment as you explore acres of great gardens and learn from the world's most celebrated growers and florists.

*Fee includes coach transportation and entrance fee.*

*Your lunch/dinner may be purchased at the show.*

213149 18 & up 1 Class \$89 3/5 Tu 7:00am- 7:00pm

213151 18 & up 1 Class \$89 3/7 Th 10:30am-10:30pm

### Champion Tree Tour

This year we plan to visit some of the champion trees off the beaten path, including the biggest known tree in Maryland. Participants will hike to the former national champion pawpaw, a newly nominated overcup oak, a monstrous Shumard oak, a beautiful chincapin oak, and a silver maple you'll want to climb. Some old favorites will include the Triple-Trunked Tulip tree and Nick Weber's

national champion Kentucky coffeetree when his dahlias are blooming! *Fee includes transportation and drinks. Please wear good walking shoes and bring a lunch.*

211599 18 & up 1 Class \$45 10/3 W 9:30am- 4:00pm



## Brookside Nature Center

### From Trash to Treasure

Tour the Montgomery County Recycling plant to learn exactly what happens to all those plastic water bottles, aluminum cans, and glass jars you so conscientiously toss in the recycling bin. Learn how your efforts to save the earth from being stuffed with trash are making a real difference.

*Transportation provided from Brookside Nature Center.*

213900 18 & up 1 Class \$10 9/27 Th 9:15am-11:45am

### Kayaking on the Patuxent

Slip into a kayak and explore the nooks and crannies of this illustrious river. We'll paddle a mile or so upstream searching among the nodding wild rice for red-winged blackbirds, ducks and other migrating waterfowl. Our lunch stop at Mt. Calvert will give us the opportunity to learn about the regions' earliest residents. With good weather, this trip will be a perfect way of absorbing autumn's vibrancy and the Patuxent's history.

*No kayaking experience is necessary, but you should be a competent swimmer. Transportation provided from Brookside Nature Center. Bring water, a sack lunch and sun protection. Limited space; register early! Please note: This trip is contingent upon the weather; high winds on the water or rain will cancel the excursion.*

209453 16 & up 1 Class \$15 10/11 Th 9:00am- 3:00pm

# SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | Open for the season!



## Let's Golf! Clinics

Want to learn or brush up on your golf skills, but can't commit to a full six-week course? Come to one of our clinics! Every weekend we'll teach you a different golf skill. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swing, and more.

You'll get personalized instruction, may use all the golf balls you need, and can borrow a club if you need one. Saturday clinics are open to all junior golfers; by popular demand, Sundays are for girls only. **Save \$5 when you register online!** (Same-day registration \$35)

### • Beginner/Intermediate Clinic

214870	5-17yrs	1 Class	\$30	9/1	Sa	9:00am-10:00am
214871	5-17yrs	1 Class	\$30	9/8	Sa	9:00am-10:00am
214872	5-17yrs	1 Class	\$30	9/15	Sa	9:00am-10:00am
214873	5-17yrs	1 Class	\$30	9/22	Sa	9:00am-10:00am
214874	5-17yrs	1 Class	\$30	9/29	Sa	9:00am-10:00am
214875	5-17yrs	1 Class	\$30	10/6	Sa	9:00am-10:00am
214876	5-17yrs	1 Class	\$30	10/13	Sa	9:00am-10:00am
214877	5-17yrs	1 Class	\$30	10/20	Sa	9:00am-10:00am
214900	5-17yrs	1 Class	\$30	10/27	Sa	9:00am-10:00am
214901	5-17yrs	1 Class	\$30	11/3	Sa	9:00am-10:00am
214902	5-17yrs	1 Class	\$30	11/10	Sa	9:00am-10:00am
214903	5-17yrs	1 Class	\$30	11/17	Sa	9:00am-10:00am
214912	5-17yrs	1 Class	\$30	11/24	Sa	9:00am-10:00am

### • Beginner/Intermediate Girls' Clinic

214887	5-17yrs	1 Class	\$30	9/2	Su	9:00am-10:00am
214888	5-17yrs	1 Class	\$30	9/9	Su	9:00am-10:00am
214890	5-17yrs	1 Class	\$30	9/16	Su	9:00am-10:00am
214891	5-17yrs	1 Class	\$30	9/23	Su	9:00am-10:00am
214892	5-17yrs	1 Class	\$30	9/30	Su	9:00am-10:00am
214893	5-17yrs	1 Class	\$30	10/7	Su	9:00am-10:00am
214894	5-17yrs	1 Class	\$30	10/14	Su	9:00am-10:00am
214895	5-17yrs	1 Class	\$30	10/21	Su	9:00am-10:00am
214908	5-17yrs	1 Class	\$30	10/28	Su	9:00am-10:00am
214909	5-17yrs	1 Class	\$30	11/4	Su	9:00am-10:00am
214910	5-17yrs	1 Class	\$30	11/11	Su	9:00am-10:00am
214911	5-17yrs	1 Class	\$30	11/18	Su	9:00am-10:00am
214889	5-17yrs	1 Class	\$30	11/25	Su	9:00am-10:00am

### • Advanced Clinic

214861	5-17yrs	1 Class	\$30	9/1	Sa	8:00am-9:00am
214862	5-17yrs	1 Class	\$30	9/8	Sa	8:00am-9:00am
214863	5-17yrs	1 Class	\$30	9/15	Sa	8:00am-9:00am
214864	5-17yrs	1 Class	\$30	9/22	Sa	8:00am-9:00am
214865	5-17yrs	1 Class	\$30	9/29	Sa	8:00am-9:00am
214866	5-17yrs	1 Class	\$30	10/6	Sa	8:00am-9:00am
214867	5-17yrs	1 Class	\$30	10/13	Sa	8:00am-9:00am
214868	5-17yrs	1 Class	\$30	10/20	Sa	8:00am-9:00am
214869	5-17yrs	1 Class	\$30	10/27	Sa	8:00am-9:00am

### • Advanced Clinic (cont.)

214896	5-17yrs	1 Class	\$30	11/3	Sa	8:00am-9:00am
214897	5-17yrs	1 Class	\$30	11/10	Sa	8:00am-9:00am
214898	5-17yrs	1 Class	\$30	11/17	Sa	8:00am-9:00am
214899	5-17yrs	1 Class	\$30	11/24	Sa	8:00am-9:00am

### • Advanced Girls' Clinic

214878	5-17yrs	1 Class	\$30	9/2	Su	8:00am-9:00am
214879	5-17yrs	1 Class	\$30	9/9	Su	8:00am-9:00am
214880	5-17yrs	1 Class	\$30	9/16	Su	8:00am-9:00am
214881	5-17yrs	1 Class	\$30	9/23	Su	8:00am-9:00am
214882	5-17yrs	1 Class	\$30	9/30	Su	8:00am-9:00am
214883	5-17yrs	1 Class	\$30	10/7	Su	8:00am-9:00am
214884	5-17yrs	1 Class	\$30	10/14	Su	8:00am-9:00am
214885	5-17yrs	1 Class	\$30	10/21	Su	8:00am-9:00am
214886	5-17yrs	1 Class	\$30	10/28	Su	8:00am-9:00am
214904	5-17yrs	1 Class	\$30	11/4	Su	8:00am-9:00am
214905	5-17yrs	1 Class	\$30	11/11	Su	8:00am-9:00am
214906	5-17yrs	1 Class	\$30	11/18	Su	8:00am-9:00am
214907	5-17yrs	1 Class	\$30	11/25	Su	8:00am-9:00am

## Beginner/Intermediate Golf

If you've never played golf and would like to learn... or if you've played before, but would like to brush up on the basics or start fresh, this is the course for you. The PGA professional instructors at South Germantown Driving Range will provide a comprehensive overall instruction to the game in the four- or five-week session. You'll work on golf fundamentals, including full swings, chipping, pitching, putting, strategy and etiquette. We'll also provide video analyses of your swing in the classes, and lots of individual attention. Find your age group and sign up today!

### • Juniors

215007	6-12yrs	4 Classes	\$100	9/8	Sa	12:30pm-1:30pm
215014	6-12yrs	4 Classes	\$100	10/20	Sa	12:30pm-1:30pm

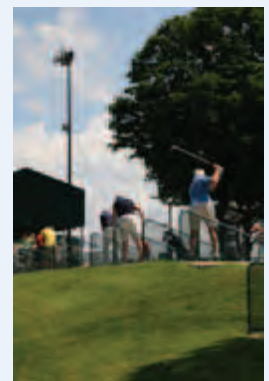
### • Teens

215008	12-17yrs	4 Classes	\$100	9/8	Sa	1:45pm-2:45pm
215013	12-17yrs	4 Classes	\$100	10/13	Sa	1:45pm-2:45pm

### • Adults

207453	15 & up	5 Classes	\$180	8/15	W	6:00pm-7:15pm
207499	15 & up	5 Classes	\$180	8/23	Th	10:00am-11:15am
207501	15 & up	5 Classes	\$180	8/23	Th	6:00pm-7:15pm
215005	15 & up	5 Classes	\$180	9/1	Sa	11:30am-12:45pm
207508	15 & up	5 Classes	\$180	9/8	Sa	11:00am-12:15pm
207551	15 & up	5 Classes	\$180	9/8	Sa	10:00am-11:15am
207455	15 & up	5 Classes	\$180	9/19	W	6:00pm-7:15pm
207502	15 & up	5 Classes	\$180	9/27	Th	6:00pm-7:15pm

(continued on next page)



*If you haven't visited South Germantown Driving Range since M-NCPPC/Montgomery Parks took over its operation last year, you're in for a treat! Come on out and enjoy one of the nicest golf facilities in upper Montgomery County.*





## Beginner/Intermediate Golf (cont.)

### • Adults (cont.)

207503	15 & up	5 Classes	\$180	9/27	Th	10:00am-11:15am
215006	15 & up	5 Classes	\$180	10/13	Sa	11:30am-12:45pm
207552	15 & up	5 Classes	\$180	10/20	Sa	10:00am-11:15am

### • Adult Women

209254	15 & up	5 Classes	\$180	8/14	Tu	10:00am-11:15am
215009	15 & up	5 Classes	\$180	9/4	Tu	10:00am-11:15am
209255	15 & up	5 Classes	\$180	9/18	Tu	10:00am-11:15am
215010	15 & up	5 Classes	\$180	10/9	Tu	10:00am-11:15am

## Advanced Golf

This course is designed for golfers with several years' playing experience, and a good level of familiarity with golf fundamentals and swings/strokes. Our PGA Professional instructors will provide as much individual attention as possible, helping you work on your own personal trouble spots. Classes are kept to a manageable size, so if you don't want to spring for personal lessons, this course is a smart and affordable way to improve your game.

207511	16 & up	5 Classes	\$180	9/2	Su	11:30am-12:45pm
207512	16 & up	5 Classes	\$180	10/14	Su	11:30am-12:45pm



## Golf for Couples

Calling all couples (mothers and sons, fathers and daughters, husbands and wives, boyfriends and girlfriends, partners, BFFs, etc.)—have fun learning the game of golf together! In this beginning/intermediate class, you'll get expert instruction from one of our PGA professionals every Sunday for five weeks. We'll teach you the basics of golf, including putting, chipping, iron play and driving. Please register just *one* person from your couple, and you'll be prompted to enter your partner's name.

215049	18 & up	5 Classes	\$320	9/16	Su	11:30am-12:45pm
215051	18 & up	5 Classes	\$320	10/28	Su	11:30am-12:45pm



## SOUTH GERMANTOWN Driving RANGE

## All New in 2012!

### Facility Upgrades

- New sand trap training area  
*Practice your bunker game and hit balls onto the range*
- New synthetic turf putting green
- New elevated greens  
*Shoot for the greens instead of distance markers, and work on both distance and accuracy*
- Updated clubhouse with restroom and Direct TV

## Not New in 2012

### Same Great Prices!

Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

### Same Great Specials!

- **Early Bird Special**  
*Half-price buckets of balls  
Saturdays and Sundays, 7am-9am*
- **Lunch Special**  
*Half-price buckets of balls  
Monday-Friday, 11am-1pm*

Please be sure to bookmark our webpage in your "Favorite Places"

**[www.SGDrivingRange.com](http://www.SGDrivingRange.com)**

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.



# NIKE GOLF

## DEMO DAY

at South Germantown Driving Range

- Test drive a Nike Golf club!  
*Try out VRS Drivers, Fairway Woods, Hybrids and Irons; VR Pro Combo Irons, Blades and Woods; and clubs and products for ladies and lefties!*
- Special Demo Days pricing today only
- "Closest to the Pin" competition  
First prize: Nike Golf VR Pro Wedge

**Saturday, August 11 • 10am-2pm**

# WHEATON SPORTS PAVILION

SOCCER FUTSAL LACROSSE

**Saturday, October 13. Be there. We'll have a ball.**

11751 Orebaugh Avenue | Wheaton, MD 20902 | 301-905-3070 | [www.WheatonSportsPavilion.com](http://www.WheatonSportsPavilion.com)



## Montgomery TennisPlex

Opening September 2012

at South Germantown Recreational Park

## There's a new place to play

in Montgomery County!

### CLASSES FOR ALL AGES

All levels of Junior, Adult & Senior Tennis  
Camps | Clinics | Court Times | Lessons | Leagues  
Team Tennis & Special Events

**75% Discount on all clinics  
from September 17-30**

\$5 for one hour clinic  
\$10 for two hour clinic



South Germantown Recreational Park  
18010 Central Park Circle  
Boys, MD 20841

For more information:  
[www.MontgomeryTennisPlex.com](http://www.MontgomeryTennisPlex.com)  
[www.Facebook.com/TennisPlex](https://www.facebook.com/TennisPlex)

M-NCPPC Montgomery Parks  
Public Private Partnership





# Halloween in the Parks



**Not • So • Scary**

*Great for younger kids (under 8)*

**"Eye Spy"**

## Halloween Train

**Cabin John Regional Park**

- **"Eye Spy"** cards for the kids  
*"Spy" items from the train!*
- **Halloween Movies**  
and **Activities**

Your canned food donations  
benefit Manna Food

### **CABIN JOHN REGIONAL PARK**

7410 Tuckerman Lane, Rockville, MD  
301-765-8670 • [CabinJohnTrain.com](http://CabinJohnTrain.com)



**Very Scary**

*Best for older children (8 and up)*

**CP Hauntington**

## Haunted Train

**Wheaton Regional Park**

- **Very scary** sights, sounds and creatures on  
the **Haunted Train** & **Creepy Carousel**
- **Scary Movies**
- Light refreshments for sale

Your canned food donations benefit  
Metropolitan United Ministries

### **WHEATON REGIONAL PARK**

2002 Shorefield Road, Wheaton, MD  
301-942-6703 • [WheatonTrainandCarousel.com](http://WheatonTrainandCarousel.com)

**BOTH TRAINS RUN** *weather permitting*

**Saturday & Sunday, October 6 & 7**

**Thursday-Sunday, October 11-14 & 18-21**

**Thursday-Wednesday, October 25-31**



Visit the trains' websites for running times, and  
Facebook pages more up-to-the-minute information.

\$6.00 per person covers all attractions  
(\$5.00 with a canned food donation)  
Children under 2 free with a paying adult.

Same-day tickets with scheduled boarding  
times available for purchase at each station.

Sponsored by

**WASHINGTON**  
**Parent**  
[www.washingtonparent.com](http://www.washingtonparent.com)



**Cabin John Ice Rink**  
10610 Westlake Drive  
Rockville, MD 20852  
301-765-8620  
CabinJohnIce.com

**Wheaton Ice Arena**  
11717 Orebaugh Avenue  
Wheaton, MD 20902  
301-905-3000  
WheatonIceArena.com



### » REGISTRATION DATES «

- For classes starting in **SEPTEMBER 2012**: Register **August 12/13\*** thru **September 8**.  
For classes starting in **NOVEMBER 2012**: Register **October 25/26\*** thru **October 30**.
- Beginning **September 9** for August classes and **October 31** for November classes, register in person at the rink (non-refundable \$10 service fee applies).

### » FOUR WAYS TO REGISTER «

- Online at [www.ParkPASS.org](http://www.ParkPASS.org)
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

### » COURSE FEES COVER «

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 practice sessions (depending on your class) during public skating sessions. Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

### » PLEASE NOTE «

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.
- Please be sure to read "Dates to Note" on page 145.

## Tot

The Tot ice skating curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. Bicycle helmets are strongly recommended for beginners.

### Tot 1

Learn the proper way to fall down and stand up, march in place, and march while moving. Proper skate fitting will be covered also. Bicycle helmets are strongly recommended for beginners.

#### Cabin John Ice Rink

206561	3-4yrs	6 Classes	\$96	9/10 M	1:00pm- 1:30pm
206556	3-4yrs	6 Classes	\$96	9/10 M	3:45pm- 4:15pm
206557	3-4yrs	6 Classes	\$96	9/11 Tu	9:30am-10:00am
206560	3-4yrs	6 Classes	\$96	9/13 Th	10:00am-10:30am
206562	3-4yrs	6 Classes	\$96	9/14 F	1:00pm- 1:30pm
206558	3-4yrs	6 Classes	\$96	9/15 Sa	8:30am- 9:00am
206559	3-4yrs	6 Classes	\$96	9/15 Sa	1:15pm- 1:45pm
206554	3-4yrs	6 Classes	\$96	9/16 Su	11:30am-12:00pm
206555	3-4yrs	6 Classes	\$96	9/16 Su	1:30pm- 2:00pm
207006	3-4yrs	6 Classes	\$96	11/2 F	1:00pm- 1:30pm
207010	3-4yrs	6 Classes	\$96	11/3 Sa	8:30am- 9:00am
207007	3-4yrs	6 Classes	\$96	11/3 Sa	11:00am-11:30am
207008	3-4yrs	6 Classes	\$96	11/3 Sa	3:30pm- 4:00pm
207009	3-4yrs	6 Classes	\$96	11/4 Su	1:00pm- 1:30pm
207012	3-4yrs	6 Classes	\$96	11/5 M	1:30pm- 2:00pm
207011	3-4yrs	6 Classes	\$96	11/5 M	3:45pm- 4:15pm
207005	3-4yrs	6 Classes	\$96	11/7 W	1:30pm- 2:00pm

#### Wheaton Ice Arena

212005	3-4yrs	6 Classes	\$96	9/13 Th	4:30pm- 5:00pm
212006	3-4yrs	6 Classes	\$96	9/15 Sa	10:15am-10:45am
212007	3-4yrs	6 Classes	\$96	9/16 Su	11:00am-11:30am
212008	3-4yrs	6 Classes	\$96	11/1 Th	4:30pm- 5:00pm
212009	3-4yrs	6 Classes	\$96	11/3 Sa	10:15am-10:45am
212010	3-4yrs	6 Classes	\$96	11/4 Su	11:00am-11:30am

### Tot 2 Prerequisite: Tot 1

Learn two-foot jump in place, forward swizzles (moving and standing still), two-foot glide, and backwards wiggling. Bicycle helmets recommended.

#### Cabin John Ice Rink

206565	3-4yrs	6 Classes	\$96	9/10 M	3:45pm- 4:15pm
206564	3-4yrs	6 Classes	\$96	9/11 Tu	10:00am-10:30am
206566	3-4yrs	6 Classes	\$96	9/15 Sa	8:30am- 9:00am
206563	3-4yrs	6 Classes	\$96	9/15 Sa	3:00pm- 3:30pm
206567	3-4yrs	6 Classes	\$96	9/16 Su	2:15pm- 2:45pm
207014	3-4yrs	6 Classes	\$96	11/2 F	1:30pm- 2:00pm
207015	3-4yrs	6 Classes	\$96	11/3 Sa	9:00am- 9:30am
207019	3-4yrs	6 Classes	\$96	11/3 Sa	11:45am-12:15pm
207016	3-4yrs	6 Classes	\$96	11/4 Su	11:30am-12:00pm
207017	3-4yrs	6 Classes	\$96	11/4 Su	1:30pm- 2:00pm
207020	3-4yrs	6 Classes	\$96	11/5 M	1:00pm- 1:30pm
207018	3-4yrs	6 Classes	\$96	11/5 M	4:15pm- 4:45pm
207013	3-4yrs	6 Classes	\$96	11/7 W	3:45pm- 4:15pm

#### Wheaton Ice Arena

212099	3-4yrs	6 Classes	\$96	9/15 Sa	10:15am-10:45am
212100	3-4yrs	6 Classes	\$96	9/16 Su	1:30pm- 2:00pm
212101	3-4yrs	6 Classes	\$96	11/3 Sa	10:15am-10:45am
212102	3-4yrs	6 Classes	\$96	11/4 Su	1:30pm- 2:00pm



### ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early (and 15-20 minutes early for subsequent classes).
- Pick up your practice card at the front desk.
- Pick up your skates at the skate exchange. Ask for one size smaller than your **sneaker size**. You'll have better balance and protection against injuries!





## Ice Skating

### Tot 3 Prerequisite: Tot 2

Learn backward swizzles, one-foot glides, push and glide stroking, and stopping.

#### Cabin John Ice Rink

206570	3-4yrs	6 Classes	\$96	9/11	Tu	10:00am-10:30am
206571	3-4yrs	6 Classes	\$96	9/15	Sa	9:30am-10:00am
206569	3-4yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
206568	3-4yrs	6 Classes	\$96	9/16	Su	12:00pm-12:30pm
207024	3-4yrs	6 Classes	\$96	11/2	F	2:30pm- 3:00pm
207022	3-4yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
207023	3-4yrs	6 Classes	\$96	11/4	Su	2:15pm- 2:45pm
207021	3-4yrs	6 Classes	\$96	11/7	W	1:00pm- 1:30pm

### Parent & Tot Ice Skating

Skating is lots of fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march, and march while moving on the ice. Please note: You'll need basic skating skills in order to take this class, since you'll be participating with your child on ice. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.

#### Cabin John Ice Rink

210900	3-5yrs	6 Classes	\$96	9/14	F	1:30pm- 2:00pm
206552	3-5yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206549	3-5yrs	6 Classes	\$96	9/15	Sa	10:00am-10:30am
206551	3-5yrs	6 Classes	\$96	9/15	Sa	12:15pm-12:45pm
206550	3-5yrs	6 Classes	\$96	9/16	Su	12:30pm- 1:00pm
206553	3-5yrs	6 Classes	\$96	9/16	Su	3:45pm- 4:15pm
206999	3-5yrs	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207001	3-5yrs	6 Classes	\$96	11/3	Sa	10:00am-10:30am
207000	3-5yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
207002	3-5yrs	6 Classes	\$96	11/3	Sa	3:00pm- 3:30pm
207003	3-5yrs	6 Classes	\$96	11/4	Su	11:30am-12:00pm
207004	3-5yrs	6 Classes	\$96	11/7	W	3:45pm- 4:15pm

#### Wheaton Ice Arena

212001	3-5yrs	6 Classes	\$96	9/15	Sa	11:15am-11:45am
212002	3-5yrs	6 Classes	\$96	9/16	Su	11:00am-11:30am
212003	3-5yrs	6 Classes	\$96	11/3	Sa	10:15am-10:45am
212004	3-5yrs	6 Classes	\$96	11/4	Su	11:00am-11:30am

206574	4-6yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
206575	4-6yrs	6 Classes	\$96	9/15	Sa	1:15pm- 1:45pm
206576	4-6yrs	6 Classes	\$96	9/15	Sa	2:30pm- 3:00pm
206577	4-6yrs	6 Classes	\$96	9/16	Su	11:30am-12:00pm
206578	4-6yrs	6 Classes	\$96	9/16	Su	2:15pm- 2:45pm
206579	4-6yrs	6 Classes	\$96	9/16	Su	3:45pm- 4:15pm
207038	4-6yrs	6 Classes	\$96	11/1	Th	4:00pm- 4:30pm
207039	4-6yrs	6 Classes	\$96	11/1	Th	5:00pm- 5:30pm
207040	4-6yrs	6 Classes	\$96	11/2	F	1:00pm- 1:30pm
207041	4-6yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207042	4-6yrs	6 Classes	\$96	11/2	F	5:00pm- 5:30pm
207043	4-6yrs	6 Classes	\$96	11/3	Sa	9:30am-10:00am
207025	4-6yrs	6 Classes	\$96	11/3	Sa	10:00am-10:30am
207026	4-6yrs	6 Classes	\$96	11/3	Sa	1:15pm- 1:45pm
207027	4-6yrs	6 Classes	\$96	11/3	Sa	3:00pm- 3:30pm
207028	4-6yrs	6 Classes	\$96	11/4	Su	12:30pm- 1:00pm
207029	4-6yrs	6 Classes	\$96	11/4	Su	2:45pm- 3:15pm
207030	4-6yrs	6 Classes	\$96	11/4	Su	3:45pm- 4:15pm
207031	4-6yrs	6 Classes	\$96	11/5	M	1:30pm- 2:00pm
207033	4-6yrs	6 Classes	\$96	11/5	M	3:45pm- 4:15pm
207032	4-6yrs	6 Classes	\$96	11/5	M	4:45pm- 5:15pm
207034	4-6yrs	6 Classes	\$96	11/6	Tu	4:00pm- 4:30pm
207035	4-6yrs	6 Classes	\$96	11/6	Tu	5:00pm- 5:30pm
207036	4-6yrs	6 Classes	\$96	11/7	W	1:30pm- 2:00pm
207037	4-6yrs	6 Classes	\$96	11/7	W	3:45pm- 4:15pm
207044	4-6yrs	6 Classes	\$96	11/7	W	5:15pm- 5:45pm

#### Wheaton Ice Arena

212749	4-6yrs	6 Classes	\$96	9/13	Th	5:00pm- 5:30pm
212750	4-6yrs	6 Classes	\$96	9/14	F	5:15pm- 5:45pm
212751	4-6yrs	6 Classes	\$96	9/15	Sa	10:15am-10:45am
212752	4-6yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
212753	4-6yrs	6 Classes	\$96	9/16	Su	11:30am-12:00pm
212754	4-6yrs	6 Classes	\$96	9/16	Su	2:00pm- 2:30pm
212755	4-6yrs	6 Classes	\$96	11/1	Th	5:00pm- 5:30pm
212756	4-6yrs	6 Classes	\$96	11/2	F	5:15pm- 5:45pm
212757	4-6yrs	6 Classes	\$96	11/3	Sa	10:15am-10:45am
212758	4-6yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
212759	4-6yrs	6 Classes	\$96	11/3	Sa	1:00pm- 1:30pm
212760	4-6yrs	6 Classes	\$96	11/4	Su	11:30am-12:00pm
212761	4-6yrs	6 Classes	\$96	11/4	Su	2:00pm- 2:30pm
212762	4-6yrs	6 Classes	\$96	11/4	Su	3:15pm- 3:45pm

### A Note to Students

Parks instructors work carefully with all students to help them get the most out of every class. At the end of each class, the instructor will tell you if you're ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.

## Pre-Alpha (Level 1)

Pre-Alpha classes are designed for beginners, or people with minimal ice skating experience, age 4 and up. Learn how to properly tie and fit skates, fall down and get up, march and glide on two feet, swizzle forward and in place, hop, and wiggle backward.

### Pre-Alpha, Preschool (Level 1)

#### Cabin John Ice Rink

206580	4-6yrs	6 Classes	\$96	9/10	M	1:00pm- 1:30pm
206584	4-6yrs	6 Classes	\$96	9/10	M	4:15pm- 4:45pm
206583	4-6yrs	6 Classes	\$96	9/10	M	4:45pm- 5:15pm
206581	4-6yrs	6 Classes	\$96	9/11	Tu	9:30am-10:00am
206588	4-6yrs	6 Classes	\$96	9/11	Tu	4:00pm- 4:30pm
206586	4-6yrs	6 Classes	\$96	9/12	W	4:15pm- 4:45pm
206585	4-6yrs	6 Classes	\$96	9/12	W	5:15pm- 5:45pm
206582	4-6yrs	6 Classes	\$96	9/13	Th	10:00am-10:30am
206589	4-6yrs	6 Classes	\$96	9/13	Th	4:00pm- 4:30pm
206587	4-6yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206573	4-6yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am

## Pre-Alpha, Youth (Level 1)

#### Cabin John Ice Rink

206598	6-12yrs	6 Classes	\$96	9/10	M	4:15pm- 4:45pm
206591	6-12yrs	6 Classes	\$96	9/10	M	5:45pm- 6:15pm
206590	6-12yrs	6 Classes	\$96	9/11	Tu	5:00pm- 5:30pm
206599	6-12yrs	6 Classes	\$96	9/12	W	4:45pm- 5:15pm
206601	6-12yrs	6 Classes	\$96	9/13	Th	4:00pm- 4:30pm
206597	6-12yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206600	6-12yrs	6 Classes	\$96	9/14	F	5:00pm- 5:30pm
206592	6-12yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206603	6-12yrs	6 Classes	\$96	9/15	Sa	10:00am-10:30am
206593	6-12yrs	6 Classes	\$96	9/15	Sa	11:00am-11:30am
206602	6-12yrs	6 Classes	\$96	9/15	Sa	1:15pm- 1:45pm
206594	6-12yrs	6 Classes	\$96	9/15	Sa	3:00pm- 3:30pm
206595	6-12yrs	6 Classes	\$96	9/16	Su	11:30am-12:00pm
206596	6-12yrs	6 Classes	\$96	9/16	Su	2:45pm- 3:15pm
207059	6-12yrs	6 Classes	\$96	11/1	Th	4:30pm- 5:00pm
207048	6-12yrs	6 Classes	\$96	11/1	Th	5:30pm- 6:00pm
207049	6-12yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207050	6-12yrs	6 Classes	\$96	11/2	F	5:00pm- 5:30pm
207051	6-12yrs	6 Classes	\$96	11/3	Sa	9:30am-10:00am

207060	6-12yrs	6 Classes	\$96	11/3	Sa	11:00am-11:30am
207052	6-12yrs	6 Classes	\$96	11/3	Sa	1:15pm- 1:45pm
207053	6-12yrs	6 Classes	\$96	11/3	Sa	3:00pm- 3:30pm
207054	6-12yrs	6 Classes	\$96	11/4	Su	11:30am-12:00pm
207061	6-12yrs	6 Classes	\$96	11/4	Su	2:15pm- 2:45pm
207055	6-12yrs	6 Classes	\$96	11/4	Su	3:45pm- 4:15pm
207056	6-12yrs	6 Classes	\$96	11/5	M	4:15pm- 4:45pm
207045	6-12yrs	6 Classes	\$96	11/5	M	5:15pm- 5:45pm
207047	6-12yrs	6 Classes	\$96	11/6	Tu	4:00pm- 4:30pm
207046	6-12yrs	6 Classes	\$96	11/6	Tu	5:30pm- 6:00pm
207058	6-12yrs	6 Classes	\$96	11/7	W	4:15pm- 4:45pm
207057	6-12yrs	6 Classes	\$96	11/7	W	5:45pm- 6:15pm

#### Wheaton Ice Arena

212769	6-12yrs	6 Classes	\$96	9/13	Th	5:00pm- 5:30pm
212770	6-12yrs	6 Classes	\$96	9/14	F	5:15pm- 5:45pm
212771	6-12yrs	6 Classes	\$96	9/15	Sa	10:15am-10:45am
212772	6-12yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
212773	6-12yrs	6 Classes	\$96	9/16	Su	11:30am-12:00pm
212774	6-12yrs	6 Classes	\$96	9/16	Su	2:00pm- 2:30pm
212775	6-12yrs	6 Classes	\$96	11/1	Th	5:00pm- 5:30pm
212776	6-12yrs	6 Classes	\$96	11/2	F	5:15pm- 5:45pm
212777	6-12yrs	6 Classes	\$96	11/3	Sa	10:15am-10:45am
212778	6-12yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
212779	6-12yrs	6 Classes	\$96	11/3	Sa	1:00pm- 1:30pm
212780	6-12yrs	6 Classes	\$96	11/4	Su	11:30am-12:00pm
212781	6-12yrs	6 Classes	\$96	11/4	Su	2:00pm- 2:30pm
212782	6-12yrs	6 Classes	\$96	11/4	Su	3:15pm- 3:45pm

### Pre-Alpha, Teen/Adult (Level 1)

#### Cabin John Ice Rink

206605	12 & up	6 Classes	\$96	9/10	M	12:30pm- 1:00pm
206606	12 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
206604	12 & up	6 Classes	\$96	9/15	Sa	9:30am-10:00am
207064	12 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm
207062	12 & up	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207063	12 & up	6 Classes	\$96	11/5	M	12:30pm- 1:00pm

#### Wheaton Ice Arena

212785	12 & up	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
212786	12 & up	6 Classes	\$96	11/3	Sa	11:15am-11:45am

### Pre-Alpha PLUS (Level 2)

Prerequisite: Pre-Alpha (Level 1)

Learn one-foot glides, forward swizzles with a two-foot glide, backward swizzles, two-foot turns, alternating one-foot pumping, and snowplow stops.

### Pre-Alpha PLUS, Preschool (Level 2)

#### Cabin John Ice Rink

210949	4-6yrs	6 Classes	\$96	9/10	M	1:30pm- 2:00pm
206613	4-6yrs	6 Classes	\$96	9/11	Tu	4:00pm- 4:30pm
206614	4-6yrs	6 Classes	\$96	9/12	W	4:45pm- 5:15pm
206615	4-6yrs	6 Classes	\$96	9/13	Th	4:30pm- 5:00pm
206616	4-6yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206607	4-6yrs	6 Classes	\$96	9/15	Sa	9:30am-10:00am
206608	4-6yrs	6 Classes	\$96	9/15	Sa	11:00am-11:30am
206609	4-6yrs	6 Classes	\$96	9/15	Sa	12:45pm- 1:15pm
206611	4-6yrs	6 Classes	\$96	9/15	Sa	3:30pm- 4:00pm
206610	4-6yrs	6 Classes	\$96	9/16	Su	12:00pm-12:30pm
206612	4-6yrs	6 Classes	\$96	9/16	Su	3:15pm- 3:45pm
207077	4-6yrs	6 Classes	\$96	11/1	Th	4:00pm- 4:30pm
207078	4-6yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm

207065	4-6yrs	6 Classes	\$96	11/2	F	4:30pm- 5:00pm
207066	4-6yrs	6 Classes	\$96	11/3	Sa	9:30am-10:00am
207067	4-6yrs	6 Classes	\$96	11/3	Sa	12:45pm- 1:15pm
207068	4-6yrs	6 Classes	\$96	11/3	Sa	2:00pm- 2:30pm
207069	4-6yrs	6 Classes	\$96	11/3	Sa	3:30pm- 4:00pm
207070	4-6yrs	6 Classes	\$96	11/4	Su	12:00pm-12:30pm
207071	4-6yrs	6 Classes	\$96	11/4	Su	1:30pm- 2:00pm
207072	4-6yrs	6 Classes	\$96	11/4	Su	4:15pm- 4:45pm
207073	4-6yrs	6 Classes	\$96	11/5	M	1:00pm- 1:30pm
207074	4-6yrs	6 Classes	\$96	11/5	M	3:45pm- 4:15pm
207079	4-6yrs	6 Classes	\$96	11/6	Tu	4:00pm- 4:30pm
207075	4-6yrs	6 Classes	\$96	11/7	W	1:00pm- 1:30pm
207076	4-6yrs	6 Classes	\$96	11/7	W	4:45pm- 5:15pm

#### Wheaton Ice Arena

212799	4-6yrs	6 Classes	\$96	9/13	Th	5:30pm- 6:00pm
212800	4-6yrs	6 Classes	\$96	9/14	F	5:45pm- 6:15pm
212801	4-6yrs	6 Classes	\$96	9/15	Sa	10:45am-11:15am
212802	4-6yrs	6 Classes	\$96	9/16	Su	12:00pm-12:30pm
212803	4-6yrs	6 Classes	\$96	11/1	Th	5:30pm- 6:00pm
212804	4-6yrs	6 Classes	\$96	11/2	F	5:45pm- 6:15pm
212805	4-6yrs	6 Classes	\$96	11/3	Sa	10:45am-11:15am
212806	4-6yrs	6 Classes	\$96	11/3	Sa	12:30pm- 1:00pm
212807	4-6yrs	6 Classes	\$96	11/4	Su	12:00pm-12:30pm
212808	4-6yrs	6 Classes	\$96	11/4	Su	2:45pm- 3:15pm

### Pre-Alpha PLUS, Youth (Level 2)

#### Cabin John Ice Rink

206626	6-12yrs	6 Classes	\$96	9/10	M	4:15pm- 4:45pm
206617	6-12yrs	6 Classes	\$96	9/10	M	5:15pm- 5:45pm
206618	6-12yrs	6 Classes	\$96	9/11	Tu	5:00pm- 5:30pm
206619	6-12yrs	6 Classes	\$96	9/12	W	4:45pm- 5:15pm
206628	6-12yrs	6 Classes	\$96	9/12	W	5:45pm- 6:15pm
206620	6-12yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206625	6-12yrs	6 Classes	\$96	9/14	F	5:00pm- 5:30pm
206621	6-12yrs	6 Classes	\$96	9/15	Sa	9:30am-10:00am
206622	6-12yrs	6 Classes	\$96	9/15	Sa	12:45pm- 1:15pm
206623	6-12yrs	6 Classes	\$96	9/15	Sa	3:30pm- 4:00pm
206627	6-12yrs	6 Classes	\$96	9/16	Su	12:00pm-12:30pm
206624	6-12yrs	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
206629	6-12yrs	6 Classes	\$96	9/16	Su	3:15pm- 3:45pm
207083	6-12yrs	6 Classes	\$96	11/1	Th	4:00pm- 4:30pm
207084	6-12yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207085	6-12yrs	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207086	6-12yrs	6 Classes	\$96	11/3	Sa	11:00am-11:30am
207093	6-12yrs	6 Classes	\$96	11/3	Sa	12:45pm- 1:15pm
207087	6-12yrs	6 Classes	\$96	11/3	Sa	3:30pm- 4:00pm
207088	6-12yrs	6 Classes	\$96	11/4	Su	12:00pm-12:30pm
207089	6-12yrs	6 Classes	\$96	11/4	Su	1:30pm- 2:00pm
207090	6-12yrs	6 Classes	\$96	11/4	Su	3:15pm- 3:45pm
207080	6-12yrs	6 Classes	\$96	11/5	M	4:15pm- 4:45pm
207082	6-12yrs	6 Classes	\$96	11/5	M	5:45pm- 6:15pm
207081	6-12yrs	6 Classes	\$96	11/6	Tu	4:30pm- 5:00pm
207092	6-12yrs	6 Classes	\$96	11/7	W	4:45pm- 5:15pm
207091	6-12yrs	6 Classes	\$96	11/7	W	5:45pm- 6:15pm

#### Wheaton Ice Arena

212809	6-12yrs	6 Classes	\$96	9/13	Th	5:30pm- 6:00pm
212810	6-12yrs	6 Classes	\$96	9/14	F	5:45pm- 6:15pm
212811	6-12yrs	6 Classes	\$96	9/15	Sa	10:45am-11:15am
212812	6-12yrs	6 Classes	\$96	9/16	Su	12:00pm-12:30pm
212813	6-12yrs	6 Classes	\$96	11/1	Th	5:30pm- 6:00pm
212814	6-12yrs	6 Classes	\$96	11/2	F	5:45pm- 6:15pm
212815	6-12yrs	6 Classes	\$96	11/3	Sa	10:45am-11:15am
212816	6-12yrs	6 Classes	\$96	11/3	Sa	12:30pm- 1:00pm
212817	6-12yrs	6 Classes	\$96	11/4	Su	12:00pm-12:30pm
212818	6-12yrs	6 Classes	\$96	11/4	Su	2:45pm- 3:15pm



Ice Skating

## DATES TO NOTE

### No Classes (both rinks)

- Mon. Sept. 17
- Tues. Sept. 25
- Wed. Sept. 26
- Thurs. Nov. 22 thru Sun. Nov. 25

### Closed (both rinks)

- Sat. Sept. 1 thru Mon. Sept. 3
- Thurs. Nov. 22
- Tues. Dec. 25

### Early Closures (both rinks)

- Mon. Dec. 24
- Mon. Dec. 31





## Ice Skating



Let us create a

## CUSTOM CLASS

especially for you!

Nothing feels quite like something that's tailor-made especially for you. Let us create a custom ice skating class for your group: friends, family members, school classmates, scouts, etc. Simply call the Skating Director at either rink, and we'll be happy to put together a class that fits you to a "T"!

**Mindy Shiben**  
Cabin John Ice  
301-765-8627

**Samantha Hickey**  
Wheaton Ice  
301-905-3004

### Pre-Alpha PLUS, Teen/Adult (Level 2)

#### Cabin John Ice Rink

206631	12 & up	6 Classes	\$96	9/10	M	12:30pm- 1:00pm
206632	12 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
206630	12 & up	6 Classes	\$96	9/15	Sa	9:30am-10:00am
207096	12 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm
207094	12 & up	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207095	12 & up	6 Classes	\$96	11/5	M	12:30pm- 1:00pm

#### Wheaton Ice Arena

212819	12 & up	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
212820	12 & up	6 Classes	\$96	11/3	Sa	11:15am-11:45am

### Alpha (Level 3)

*Prerequisite: Pre-Alpha Plus (Level 2)*

Learn forward stroking, forward one-foot pumping and edges on the circle, forward crossovers, backward swizzles to two-foot and one-foot glides, and an optional two-foot spin.

### Alpha, Preschool (Level 3)

#### Cabin John Ice Rink

206638	4-6yrs	6 Classes	\$96	9/10	M	5:15pm- 5:45pm
206639	4-6yrs	6 Classes	\$96	9/11	Tu	4:30pm- 5:00pm
206640	4-6yrs	6 Classes	\$96	9/12	W	4:15pm- 4:45pm
206641	4-6yrs	6 Classes	\$96	9/13	Th	4:30pm- 5:00pm
206633	4-6yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206634	4-6yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206635	4-6yrs	6 Classes	\$96	9/15	Sa	11:00am-11:30am
206636	4-6yrs	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
206637	4-6yrs	6 Classes	\$96	9/16	Su	2:45pm- 3:15pm
207098	4-6yrs	6 Classes	\$96	11/1	Th	4:30pm- 5:00pm
207099	4-6yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207100	4-6yrs	6 Classes	\$96	11/3	Sa	9:30am-10:00am
207101	4-6yrs	6 Classes	\$96	11/3	Sa	12:15pm-12:45pm
207102	4-6yrs	6 Classes	\$96	11/3	Sa	2:30pm- 3:00pm
207103	4-6yrs	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm
207104	4-6yrs	6 Classes	\$96	11/4	Su	3:15pm- 3:45pm
207105	4-6yrs	6 Classes	\$96	11/5	M	4:45pm- 5:15pm
207106	4-6yrs	6 Classes	\$96	11/6	Tu	4:30pm- 5:00pm
207097	4-6yrs	6 Classes	\$96	11/7	W	4:45pm- 5:15pm

### Alpha, Youth (Level 3)

#### Cabin John Ice Rink

206646	6-12yrs	6 Classes	\$96	9/10	M	5:15pm- 5:45pm
206647	6-12yrs	6 Classes	\$96	9/11	Tu	4:30pm- 5:00pm
206648	6-12yrs	6 Classes	\$96	9/12	W	4:15pm- 4:45pm
206649	6-12yrs	6 Classes	\$96	9/13	Th	4:30pm- 5:00pm
206650	6-12yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206651	6-12yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206642	6-12yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
206643	6-12yrs	6 Classes	\$96	9/15	Sa	2:00pm- 2:30pm
206644	6-12yrs	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
206645	6-12yrs	6 Classes	\$96	9/16	Su	2:45pm- 3:15pm
207112	6-12yrs	6 Classes	\$96	11/1	Th	4:30pm- 5:00pm
207113	6-12yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207114	6-12yrs	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207115	6-12yrs	6 Classes	\$96	11/3	Sa	12:15pm-12:45pm
207116	6-12yrs	6 Classes	\$96	11/3	Sa	2:30pm- 3:00pm
207107	6-12yrs	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm
207108	6-12yrs	6 Classes	\$96	11/4	Su	3:15pm- 3:45pm
207110	6-12yrs	6 Classes	\$96	11/5	M	4:45pm- 5:15pm
207109	6-12yrs	6 Classes	\$96	11/6	Tu	4:30pm- 5:00pm
207111	6-12yrs	6 Classes	\$96	11/7	W	5:45pm- 6:15pm

### Alpha, Teen/Adult (Level 3)

#### Cabin John Ice Rink

206653	12 & up	6 Classes	\$96	9/10	M	12:00pm-12:30pm
206654	12 & up	6 Classes	\$96	9/13	Th	7:45pm- 8:15pm
206652	12 & up	6 Classes	\$96	9/15	Sa	8:30am- 9:00am
207119	12 & up	6 Classes	\$96	11/1	Th	7:45pm- 8:15pm
207117	12 & up	6 Classes	\$96	11/3	Sa	8:30am- 9:00am
207118	12 & up	6 Classes	\$96	11/5	M	12:00pm-12:30pm

### Alpha, All Ages (Level 3)

#### Wheaton Ice Arena

212821	4 & up	6 Classes	\$96	9/13	Th	4:30pm- 5:00pm
212822	4 & up	6 Classes	\$96	9/14	F	4:45pm- 5:15pm
212823	4 & up	6 Classes	\$96	9/15	Sa	11:15am-11:45am
212824	4 & up	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
212825	4 & up	6 Classes	\$96	9/16	Su	2:00pm- 2:30pm
212826	4 & up	6 Classes	\$96	11/1	Th	4:30pm- 5:00pm
212827	4 & up	6 Classes	\$96	11/2	F	4:45pm- 5:15pm
212828	4 & up	6 Classes	\$96	11/3	Sa	10:45am-11:15am
212829	4 & up	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
212830	4 & up	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm
212831	4 & up	6 Classes	\$96	11/4	Su	2:00pm- 2:30pm

### Beta (Level 4) *Prerequisite: Alpha (Level 3)*

Learn backward stroking, backward one-foot glides, back pumping on the circle, backward crossovers, moving forward to backward two-foot turn, and hockey stops. Review forward crossovers, and begin consecutive forward outside edges on a line.

### Beta, Preschool (Level 4)

#### Cabin John Ice Rink

206655	4-6yrs	6 Classes	\$96	9/10	M	4:45pm- 5:15pm
206656	4-6yrs	6 Classes	\$96	9/12	W	5:15pm- 5:45pm
206657	4-6yrs	6 Classes	\$96	9/13	Th	5:30pm- 6:00pm
206660	4-6yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206661	4-6yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206658	4-6yrs	6 Classes	\$96	9/15	Sa	12:15pm-12:45pm
206659	4-6yrs	6 Classes	\$96	9/16	Su	1:30pm- 2:00pm
207127	4-6yrs	6 Classes	\$96	11/1	Th	5:30pm- 6:00pm
207121	4-6yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207122	4-6yrs	6 Classes	\$96	11/3	Sa	9:00am- 9:30am
207128	4-6yrs	6 Classes	\$96	11/3	Sa	2:00pm- 2:30pm
207124	4-6yrs	6 Classes	\$96	11/4	Su	12:30pm- 1:00pm
207123	4-6yrs	6 Classes	\$96	11/4	Su	2:45pm- 3:15pm
207120	4-6yrs	6 Classes	\$96	11/5	M	5:15pm- 5:45pm
207125	4-6yrs	6 Classes	\$96	11/6	Tu	5:00pm- 5:30pm
207126	4-6yrs	6 Classes	\$96	11/7	W	4:15pm- 4:45pm

### Beta, Youth (Level 4)

#### Cabin John Ice Rink

206662	6-12yrs	6 Classes	\$96	9/10	M	4:45pm- 5:15pm
206663	6-12yrs	6 Classes	\$96	9/11	Tu	4:00pm- 4:30pm
206667	6-12yrs	6 Classes	\$96	9/12	W	5:15pm- 5:45pm
206664	6-12yrs	6 Classes	\$96	9/13	Th	5:30pm- 6:00pm
206665	6-12yrs	6 Classes	\$96	9/14	F	4:00pm- 4:30pm
206666	6-12yrs	6 Classes	\$96	9/15	Sa	9:00am- 9:30am
206668	6-12yrs	6 Classes	\$96	9/15	Sa	12:15pm-12:45pm
206669	6-12yrs	6 Classes	\$96	9/15	Sa	2:30pm- 3:00pm
206670	6-12yrs	6 Classes	\$96	9/16	Su	1:30pm- 2:00pm
206671	6-12yrs	6 Classes	\$96	9/16	Su	3:45pm- 4:15pm
207132	6-12yrs	6 Classes	\$96	11/1	Th	5:30pm- 6:00pm
207133	6-12yrs	6 Classes	\$96	11/2	F	4:00pm- 4:30pm
207134	6-12yrs	6 Classes	\$96	11/3	Sa	9:00am- 9:30am

**Beta, Youth** *Cabin John Ice Rink* (cont.)

207135	6-12yrs	6 Classes	\$96	11/3	Sa	12:15pm-12:45pm
207136	6-12yrs	6 Classes	\$96	11/3	Sa	2:00pm-2:30pm
207137	6-12yrs	6 Classes	\$96	11/4	Su	12:30pm-1:00pm
207138	6-12yrs	6 Classes	\$96	11/4	Su	2:45pm-3:15pm
207129	6-12yrs	6 Classes	\$96	11/5	M	5:15pm-5:45pm
207130	6-12yrs	6 Classes	\$96	11/6	Tu	5:00pm-5:30pm
207131	6-12yrs	6 Classes	\$96	11/7	W	4:15pm-4:45pm

**Beta, Teen/Adult** (Level 4)*Cabin John Ice Rink*

206673	12 & up	6 Classes	\$96	9/10	M	12:00pm-12:30pm
206674	12 & up	6 Classes	\$96	9/13	Th	7:45pm-8:15pm
206672	12 & up	6 Classes	\$96	9/15	Sa	8:30am-9:00am
207141	12 & up	6 Classes	\$96	11/1	Th	7:45pm-8:15pm
207139	12 & up	6 Classes	\$96	11/3	Sa	8:30am-9:00am
207140	12 & up	6 Classes	\$96	11/5	M	12:00pm-12:30pm

**Beta, All Ages** (Level 4)*Wheaton Ice Arena*

213099	4 & up	6 Classes	\$96	9/13	Th	6:15pm-6:45pm
213100	4 & up	6 Classes	\$96	9/15	Sa	11:15am-11:45am
213101	4 & up	6 Classes	\$96	9/16	Su	1:00pm-1:30pm
213102	4 & up	6 Classes	\$96	11/1	Th	6:15pm-6:45pm
213103	4 & up	6 Classes	\$96	11/3	Sa	10:45am-11:15am
213104	4 & up	6 Classes	\$96	11/4	Su	1:00pm-1:30pm

**Gamma** (Level 5)*Prerequisite: Beta (Level 4)*

Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skaters: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

**Gamma, All Ages** (Level 5)*Cabin John Ice Rink*

206680	4 & up	6 Classes	\$96	9/10	M	5:45pm-6:15pm
206683	4 & up	6 Classes	\$96	9/11	Tu	4:30pm-5:00pm
206681	4 & up	6 Classes	\$96	9/12	W	5:45pm-6:15pm
206682	4 & up	6 Classes	\$96	9/13	Th	5:30pm-6:00pm
206675	4 & up	6 Classes	\$96	9/14	F	4:30pm-5:00pm
206676	4 & up	6 Classes	\$96	9/15	Sa	9:30am-10:00am
206677	4 & up	6 Classes	\$96	9/15	Sa	2:00pm-2:30pm
206678	4 & up	6 Classes	\$96	9/16	Su	12:30pm-1:00pm
206679	4 & up	6 Classes	\$96	9/16	Su	2:15pm-2:45pm
207144	4 & up	6 Classes	\$96	11/1	Th	5:00pm-5:30pm
207145	4 & up	6 Classes	\$96	11/2	F	4:30pm-5:00pm
207142	4 & up	6 Classes	\$96	11/3	Sa	9:30am-10:00am
207146	4 & up	6 Classes	\$96	11/3	Sa	12:45pm-1:15pm
207147	4 & up	6 Classes	\$96	11/3	Sa	2:30pm-3:00pm
207148	4 & up	6 Classes	\$96	11/4	Su	12:00pm-12:30pm
207149	4 & up	6 Classes	\$96	11/4	Su	3:45pm-4:15pm
207150	4 & up	6 Classes	\$96	11/5	M	5:45pm-6:15pm
207143	4 & up	6 Classes	\$96	11/7	W	5:15pm-5:45pm

*Wheaton Ice Arena*

213105	4 & up	6 Classes	\$96	9/13	Th	6:45pm-7:15pm
213106	4 & up	6 Classes	\$96	9/15	Sa	10:45am-11:15am
213107	4 & up	6 Classes	\$96	9/16	Su	1:30pm-2:00pm
213108	4 & up	6 Classes	\$96	11/1	Th	6:45pm-7:15pm
213109	4 & up	6 Classes	\$96	11/3	Sa	11:15am-11:45am
213110	4 & up	6 Classes	\$96	11/4	Su	1:30pm-2:00pm

**Gamma Teen/Adult** (Level 5) *Cabin John Ice*

206685	12 & up	6 Classes	\$96	9/10	M	11:30am-12:00pm
206684	12 & up	6 Classes	\$96	9/13	Th	8:15pm-8:45pm
207151	12 & up	6 Classes	\$96	11/1	Th	8:15pm-8:45pm
207152	12 & up	6 Classes	\$96	11/5	M	11:30am-12:00pm

**Delta** (Level 6)*Prerequisite: Gamma (Level 5)*

Learn backward to forward two-foot turns, forward inside three-turns, forward inside edges on the line, T-stops and lunges; review forward and backward crossovers. Skills for figure skaters: bunny-hops, spiral, shoot the duck or lunge, and ballet jump.

**Delta, All Ages** (Level 6)*Cabin John Ice Rink*

206690	4 & up	6 Classes	\$96	9/10	M	5:45pm-6:15pm
206691	4 & up	6 Classes	\$96	9/12	W	5:45pm-6:15pm
206692	4 & up	6 Classes	\$96	9/13	Th	5:00pm-5:30pm
206693	4 & up	6 Classes	\$96	9/14	F	4:30pm-5:00pm
206686	4 & up	6 Classes	\$96	9/15	Sa	9:30am-10:00am
206687	4 & up	6 Classes	\$96	9/15	Sa	12:45pm-1:15pm
206688	4 & up	6 Classes	\$96	9/16	Su	12:30pm-1:00pm
206689	4 & up	6 Classes	\$96	9/16	Su	3:15pm-3:45pm
207159	4 & up	6 Classes	\$96	11/1	Th	5:00pm-5:30pm
207154	4 & up	6 Classes	\$96	11/2	F	4:30pm-5:00pm
207155	4 & up	6 Classes	\$96	11/3	Sa	9:30am-10:00am
207156	4 & up	6 Classes	\$96	11/3	Sa	1:15pm-1:45pm
207157	4 & up	6 Classes	\$96	11/4	Su	2:15pm-2:45pm
207158	4 & up	6 Classes	\$96	11/5	M	5:45pm-6:15pm
207153	4 & up	6 Classes	\$96	11/7	W	5:15pm-5:45pm

*Wheaton Ice Arena*

213111	4 & up	6 Classes	\$96	9/13	Th	6:45pm-7:15pm
213112	4 & up	6 Classes	\$96	9/15	Sa	10:45am-11:15am
213113	4 & up	6 Classes	\$96	9/16	Su	1:30pm-2:00pm
213116	4 & up	6 Classes	\$96	11/1	Th	6:45pm-7:15pm
213117	4 & up	6 Classes	\$96	11/3	Sa	11:15am-11:45am
213118	4 & up	6 Classes	\$96	11/4	Su	1:30pm-2:00pm

**Delta Teen/Adult** (Level 6) *Cabin John Ice Rink*

206695	12 & up	6 Classes	\$96	9/10	M	11:30am-12:00pm
206694	12 & up	6 Classes	\$96	9/13	Th	8:15pm-8:45pm
207160	12 & up	6 Classes	\$96	11/1	Th	8:15pm-8:45pm
207161	12 & up	6 Classes	\$96	11/5	M	11:30am-12:00pm

**Freestyle****Introduction to Freestyle***Prerequisite: Delta (Level 6)*

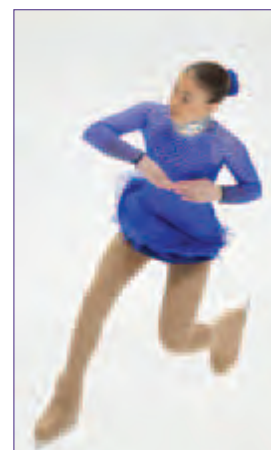
This course bridges the gap between basic group lesson skills and Freestyle skating. We'll cover advanced forward stroking, backward outside edges on the line, mohawks, one-foot spins with crossed-leg position, moving forward outside and inside three-turns, mazurka, landing positions, waltz jumps, and freestyle etiquette. We'll place special emphasis on edges, and the flow between elements.

*Cabin John Ice Rink*

206698	5 & up	6 Classes	\$144	9/10	M	6:30pm-7:15pm
206697	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
206696	5 & up	6 Classes	\$144	9/15	Sa	4:00pm-4:45pm



Ice Skating







## Ice Skating

### Save the Date!



Saturday,  
December 1

Don't miss some of the most talented figure skaters in the area as they perform at the annual **Cabin John Ice Holiday Skating Spectacular!** This free event will take place from 6:30-9:30pm, and feature both individual and exciting group performances. **Bring a Toy** This year, we'll be collecting new, unwrapped toys and books for Toys for Tots at the door.



### Introduction to Freestyle *Cabin John Ice* (cont.)

207163	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am
207162	5 & up	6 Classes	\$144	11/3	Sa	4:00pm- 4:45pm
207164	5 & up	6 Classes	\$144	11/5	M	6:30pm- 7:15pm

### Wheaton Ice Arena

213119	5 & up	6 Classes	\$96	9/13	Th	6:15pm- 6:45pm
213120	5 & up	6 Classes	\$96	9/15	Sa	10:15am-10:45am
213122	5 & up	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
213123	5 & up	6 Classes	\$96	11/1	Th	6:15pm- 6:45pm
213124	5 & up	6 Classes	\$96	11/3	Sa	10:45am-11:15am
213125	5 & up	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm

### Freestyle 1 *Prerequisite: Intro to Freestyle*

We'll cover a 10-step mohawk sequence, forward and backward crossover patterns in a figure 8, backward inside edges on a line, intro to a backward outside three-turn, advanced forward one-foot (scratch) spin, half-flip, and waltz jump from backward crossovers.

### Cabin John Ice Rink

206700	5 & up	6 Classes	\$144	9/12	W	6:30pm- 7:15pm
206699	5 & up	6 Classes	\$144	9/15	Sa	11:00am-11:45am
207165	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am
207166	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am
207167	5 & up	6 Classes	\$144	11/7	W	6:30pm- 7:15pm

### Wheaton Ice Arena

213202	5 & up	6 Classes	\$96	9/13	Th	6:15pm- 6:45pm
213203	5 & up	6 Classes	\$96	11/1	Th	6:15pm- 6:45pm

### Freestyle 2 *Prerequisite: Freestyle 1*

Learn forward spirals from outside and inside edges, waltz-jump combination sequence, toe-loop, half-lutz, beginning back spin, and backward outside three-turn. Ice dancing skills will also be covered.

### Cabin John Ice Rink

206703	5 & up	6 Classes	\$144	9/10	M	7:15pm- 8:00pm
206702	5 & up	6 Classes	\$144	9/15	Sa	11:00am-11:45am
207169	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am
207170	5 & up	6 Classes	\$144	11/5	M	7:15pm- 8:00pm

### Wheaton Ice Arena

213204	5 & up	6 Classes	\$96	9/13	Th	6:15pm- 6:45pm
213205	5 & up	6 Classes	\$96	11/1	Th	6:15pm- 6:45pm

### Freestyle 3 *Prerequisite: Freestyle 2*

Learn the waltz eight, backward inside three-turns, a salchow, a new waltz jump combination sequence, forward swing rolls, and master the back spin.

### Cabin John Ice Rink

206705	5 & up	6 Classes	\$144	9/10	M	8:00pm- 8:45pm
206704	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
207171	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am
207172	5 & up	6 Classes	\$144	11/5	M	8:00pm- 8:45pm

### Wheaton Ice Arena

213206	5 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
213207	5 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm

### Freestyle 4 *Prerequisite: Freestyle 3*

Learn forward power three-turns, backward progressive chasse sequence, loop jump, sit spin, and backward spirals (both feet, both edges).

### Cabin John Ice Rink

206707	5 & up	6 Classes	\$144	9/10	M	8:00pm- 8:45pm
206706	5 & up	6 Classes	\$144	9/15	Sa	11:00am-11:45am
207174	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am
207175	5 & up	6 Classes	\$144	11/5	M	8:45pm- 9:30pm

### Freestyle 4 (cont.) *Wheaton Ice Arena*

213208	5 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
213209	5 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm

### Freestyle 5 *Prerequisite: Freestyle 4*

Learn the backward mohawk sequence, a spiral sequence, waltz, loop jump combination, flip jump, camel spin, and forward to backward spin.

### Cabin John Ice Rink

206708	5 & up	6 Classes	\$144	9/15	Sa	11:00am-11:45am
207176	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am

### Wheaton Ice Arena

213210	5 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
213211	5 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm

### Freestyle 5-6 Combo *Prerequisite: Freestyle 4*

This course is for advanced freestyle students, focusing on a combination of the Freestyle 5 and Freestyle 6 curriculums.

### Cabin John Ice Rink

210799	5 & up	6 Classes	\$144	9/10	M	8:45pm- 9:30pm
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### Freestyle 6 *Prerequisite: Freestyle 5*

Learn alternating back crossovers to back outside extension, five-step mohawk sequence, loop-loop-jump combo, lutz, axel walk-through and preparation, split jump/stag jump/falling leaf, and camel-sit spin combo.

### Cabin John Ice Rink

206710	5 & up	6 Classes	\$144	9/15	Sa	11:00am-11:45am
207178	5 & up	6 Classes	\$144	11/3	Sa	11:00am-11:45am

### Wheaton Ice Arena

213212	5 & up	6 Classes	\$96	9/13	Th	7:15pm- 7:45pm
213213	5 & up	6 Classes	\$96	11/1	Th	7:15pm- 7:45pm

## Specialty Offerings

### Moves/Edges

*Prerequisite: Delta (Level 5) or higher*

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and USFS Moves in the Field patterns.

#### • Beginner *Prerequisite: Passed Delta*

### Cabin John Ice Rink

206714	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
207182	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am
206712	8 & up	6 Classes	\$144	9/12	W	7:15pm- 8:00pm
206716	8 & up	6 Classes	\$144	9/13	Th	10:00am-10:45am
207181	8 & up	6 Classes	\$144	11/1	Th	10:00am-10:45am
207185	8 & up	6 Classes	\$144	11/7	W	7:15pm- 8:00pm

### Wheaton Ice Arena

213214	4 & up	6 Classes	\$96	9/13	Th	6:45pm- 7:15pm
213217	4 & up	6 Classes	\$96	11/1	Th	6:45pm- 7:15pm

#### • Advanced *Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test*

### Cabin John Ice Rink

206715	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
207183	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am
206713	8 & up	6 Classes	\$144	9/13	Th	9:15am-10:00am
207184	8 & up	6 Classes	\$144	11/1	Th	9:15am-10:00am

### Wheaton Ice Arena

213215	4 & up	6 Classes	\$96	9/13	Th	6:45pm- 7:15pm
213218	4 & up	6 Classes	\$96	11/1	Th	6:45pm- 7:15pm



## Moves/Edges (cont.)

### • Advanced Adult

#### Wheaton Ice Arena

213216	18 & up	6 Classes	\$96	9/13	Th	6:45pm-7:15pm
213219	18 & up	6 Classes	\$96	11/1	Th	6:45pm-7:15pm

### Just Scratch Spins

*Prerequisite: Introduction to Freestyle*

Having trouble with the scratch spin? This course will help you master it! We recommend taking it along with your current Freestyle class.

#### Cabin John Ice Rink

209603	5 & up	6 Classes	\$144	9/10	M	7:15pm-8:00pm
206701	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
207168	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am

### Just Axels

*Prerequisite: Freestyle 5 or instructor's permission*

The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

#### Cabin John Ice Rink

206711	5 & up	6 Classes	\$144	9/15	Sa	10:15am-11:00am
207179	5 & up	6 Classes	\$144	11/3	Sa	10:15am-11:00am

### Off-Ice Conditioning for Skaters\*

Throughout the year, we'll offer a variety of different off-ice classes to help you improve your skating, overall health and well-being. You'll receive professional instruction in a fun, encouraging atmosphere.

#### • Total Body Conditioning

Learn exercises to increase your strength, improve your balance, and help your overall performance on the ice. The instructor will demonstrate and lead you through the proper execution of single-, multi-joint, and power exercises, including jumps and lunges.

#### Cabin John Ice Rink

210999	8 & up	6 Classes	\$84	9/10	M	6:30pm-7:15pm
211461	8 & up	6 Classes	\$84	9/15	Sa	9:15am-10:00am
207192	8 & up	6 Classes	\$84	11/3	Sa	9:15am-10:00am
207194	8 & up	6 Classes	\$84	11/5	M	6:30pm-7:15pm

\*Ask at the rink or visit [www.CabinJohnIce.com](http://www.CabinJohnIce.com) as the Fall Session approaches for more great off-ice classes for skaters, including **Agility & Power**, **Flexibility for Skaters**, and **Core Strength & Stability**.

## Parent & Tot Hockey

*Prerequisite: Passed Tot 1 or 2*

What's more fun than learning to pass the puck to Mom or Dad? This course is a great introduction to hockey for parents and their children, ages 3-5. We'll cover basic skating and stick handling skills. Please register the child only; fee covers one child and one parent.

*Equipment required: Caged hockey helmet, elbow pads, shin guards, hockey gloves and flat stick cut to skater's height.*

*Rental hockey skates are available.*

#### Cabin John Ice Rink

206749	3-5yrs	6 Classes	\$96	9/15	Sa	8:30am-9:00am
206751	3-5yrs	6 Classes	\$96	9/15	Sa	10:30am-11:00am
206750	3-5yrs	6 Classes	\$96	9/16	Su	3:15pm-3:45pm
207310	3-5yrs	6 Classes	\$96	11/3	Sa	8:30am-9:00am
207311	3-5yrs	6 Classes	\$96	11/3	Sa	10:30am-11:00am
207312	3-5yrs	6 Classes	\$96	11/4	Su	4:15pm-4:45pm

#### Wheaton Ice Arena

211999	3-5yrs	6 Classes	\$96	9/15	Sa	10:45am-11:15am
212000	3-5yrs	6 Classes	\$96	11/3	Sa	10:45am-11:15am

## Pre-Alpha for Hockey

Learn to skate in *hockey* skates! In this beginning ice skating class designed specifically for people who want to play hockey, you'll learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward—all in hockey skates.

*Equipment required: Hockey skates (cost of rental skates included in course fee); helmets are recommended.*

#### Wheaton Ice Arena

212011	4-6yrs	6 Classes	\$96	9/15	Sa	11:15am-11:45am
212013	4-6yrs	6 Classes	\$96	9/16	Su	1:30pm-2:00pm
212015	4-6yrs	6 Classes	\$96	11/3	Sa	11:15am-11:45am
212017	4-6yrs	6 Classes	\$96	11/4	Su	1:30pm-2:00pm
212012	6-12yrs	6 Classes	\$96	9/15	Sa	11:45am-12:15pm
212014	6-12yrs	6 Classes	\$96	9/16	Su	2:00pm-2:30pm
212016	6-12yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
212018	6-12yrs	6 Classes	\$96	11/4	Su	2:00pm-2:30pm

## Mitey Mites Hockey 1

*Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates*

Learn how to hold a stick correctly, stand in place and hop, forward skate using both feet with a glide, snow-plow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly.

*Equipment required: Caged hockey helmet, elbow pads, shin guards, hockey gloves and flat stick cut to skater's height.*

*Rental hockey skates are available.*

#### Cabin John Ice Rink

206754	4-8yrs	6 Classes	\$96	9/11	Tu	5:00pm-5:30pm
206756	4-8yrs	6 Classes	\$96	9/13	Th	5:00pm-5:30pm
206752	4-8yrs	6 Classes	\$96	9/14	F	4:30pm-5:00pm
206755	4-8yrs	6 Classes	\$96	9/15	Sa	10:00am-10:30am
206753	4-8yrs	6 Classes	\$96	9/15	Sa	10:30am-11:00am
207318	4-8yrs	6 Classes	\$96	11/1	Th	3:15pm-3:45pm
207313	4-8yrs	6 Classes	\$96	11/2	F	2:30pm-3:00pm
207315	4-8yrs	6 Classes	\$96	11/3	Sa	8:30am-9:00am
207316	4-8yrs	6 Classes	\$96	11/3	Sa	8:30am-9:00am
207314	4-8yrs	6 Classes	\$96	11/3	Sa	10:30am-11:00am
207317	4-8yrs	6 Classes	\$96	11/6	Tu	5:30pm-6:00pm



Get your **DROP-IN SESSION**  
Frequent Passes

**\$108** for

**10 Stick 'n' Puck  
or Pick-Up  
Hockey sessions**

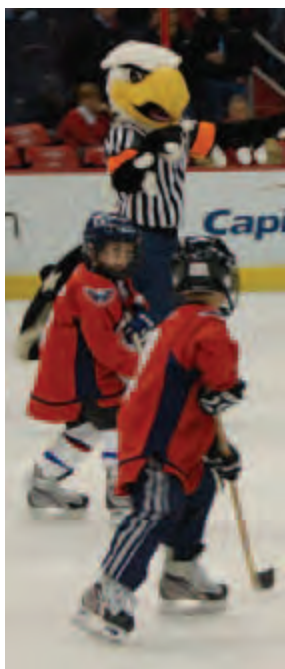
Regular price \$120  
It's like getting one  
session FREE!  
Available at both rinks.







# ICE HOCKEY



## Mitey Mites Hockey 2

**Prerequisite:** Passed Pre-Alpha Plus in hockey skates, or Mighty Mites 1  
Learn one-foot strides, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles, and an intro to forward C-cuts. **Equipment required:** Caged hockey helmet, elbow pads, shin guards, hockey gloves and flat stick cut to skater's height. Rental hockey skates are available.

### Cabin John Ice Rink

206760	4-8yrs	6 Classes	\$144	9/13	Th	6:00pm- 6:45pm
206757	4-8yrs	6 Classes	\$144	9/14	F	5:00pm- 5:45pm
206759	4-8yrs	6 Classes	\$144	9/15	Sa	8:30am- 9:15am
206758	4-8yrs	6 Classes	\$96	9/15	Sa	10:30am-11:00am
207322	4-8yrs	6 Classes	\$144	11/1	Th	6:00pm- 6:45pm
207319	4-8yrs	6 Classes	\$144	11/2	F	5:00pm- 5:45pm
207323	4-8yrs	6 Classes	\$144	11/3	Sa	8:30am- 9:15am
207320	4-8yrs	6 Classes	\$96	11/3	Sa	10:00am-10:30am
207321	4-8yrs	6 Classes	\$96	11/3	Sa	10:30am-11:00am
207324	4-8yrs	6 Classes	\$144	11/6	Tu	6:00pm- 6:45pm

## Mitey Mites Hockey 3

**Prerequisite:** MM2  
We'll cover back swizzles with two-foot glide, forward C-cut and forward crossovers; and introduce forward power turns, hockey stops, backward C-cuts, and backward skating. **Equipment required:** Same as Mighty Mites 2. **Recommended:** Hockey pants and cup.

### Cabin John Ice Rink

206761	4-8yrs	6 Classes	\$144	9/13	Th	6:00pm- 6:45pm
211299	4-8yrs	6 Classes	\$144	9/14	F	5:45pm- 6:30pm
206762	4-8yrs	6 Classes	\$144	9/15	Sa	7:45am- 8:30am
207326	4-8yrs	6 Classes	\$144	11/1	Th	6:00pm- 6:45pm
207327	4-8yrs	6 Classes	\$144	11/2	F	3:45pm- 4:30pm
207329	4-8yrs	6 Classes	\$144	11/2	F	5:45pm- 6:30pm
207328	4-8yrs	6 Classes	\$144	11/3	Sa	7:45am- 8:30am
207325	4-8yrs	6 Classes	\$144	11/6	Tu	6:00pm- 6:45pm

## Mitey Mites Hockey 4

**Prerequisite:** MM3  
We'll cover forward crossovers in a figure-8 pattern, back C-cuts, back crossovers on a circle, hockey stop, and back V-stop. **Equipment required:** Caged helmet, curved stick cut to skater's height; shin guards; elbow and shoulder pads; hockey gloves and pants; cup; hockey skates (rentals available).

### Cabin John Ice Rink

206765	4-8yrs	6 Classes	\$144	9/11	Tu	5:30pm- 6:15pm
206763	4-8yrs	6 Classes	\$144	9/14	F	3:45pm- 4:30pm
211199	4-8yrs	6 Classes	\$144	9/14	F	3:45pm- 4:30pm
206764	4-8yrs	6 Classes	\$144	9/15	Sa	7:45am- 8:30am
207330	4-8yrs	6 Classes	\$144	11/2	F	5:45pm- 6:30pm
207331	4-8yrs	6 Classes	\$144	11/3	Sa	7:45am- 8:30am

## Mitey Mites Hockey 5

**Prerequisite:** MM4  
We'll cover forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-8 pattern and on a circle, forward edges, two-foot turns, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. **Equipment required:** Caged helmet, curved stick cut to skater's height; shin guards; elbow and shoulder pads; hockey gloves and pants; cup; hockey skates (rentals available).

### Cabin John Ice Rink

206767	4-8yrs	6 Classes	\$144	9/11	Tu	5:30pm- 6:15pm
210899	4-8yrs	6 Classes	\$144	9/14	F	3:45pm- 4:30pm
206766	4-8yrs	6 Classes	\$144	9/15	Sa	7:45am- 8:30am
207332	4-8yrs	6 Classes	\$144	11/3	Sa	7:45am- 8:30am

## Hockey 1

**Prerequisite:** Passed Pre-Alpha (Level 1) in hockey skates  
Learn forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzles, forward C-cuts and one-foot stride on a circle. **Equipment required:** Caged helmet; flat stick cut to skater's height; shin guards; hockey gloves; elbow pads; hockey skates (rentals available). **Recommended:** Cup

### Cabin John Ice Rink

211382	8-13yrs	6 Classes	\$144	9/14	F	5:45pm- 6:30pm
206768	8-13yrs	6 Classes	\$144	9/15	Sa	8:30am- 9:15am
207333	8-13yrs	6 Classes	\$144	11/3	Sa	8:30am- 9:15am

### Wheaton Ice Arena

See the blue box on next page for info on how to register to use hockey equipment free of charge for your Hockey 1 course at Wheaton Ice...

212019	4 & up	6 Classes	\$96	9/15	Sa	10:15am-10:45am
212020	4 & up	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
212021	4-6yrs	6 Classes	\$96	11/3	Sa	10:15am-10:45am
212022	6-12yrs	6 Classes	\$96	11/3	Sa	11:45am-12:15pm
212023	4 & up	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm

## Hockey 2

**Prerequisite:** Passed Hockey 1  
Learn forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stops, back swizzles with a two-foot glide, intro to back C-cuts, forward crossovers on a figure eight, and forward edges.

**Equipment required:** Same as Hockey 1.

### Cabin John Ice Rink

206771	8-13yrs	6 Classes	\$144	9/11	Tu	7:15pm- 8:00pm
206770	8-13yrs	6 Classes	\$144	9/15	Sa	8:30am- 9:15am
207335	8-13yrs	6 Classes	\$144	11/3	Sa	8:30am- 9:15am
207336	8-13yrs	6 Classes	\$144	11/6	Tu	7:15pm- 8:00pm

### Wheaton Ice Arena

See the blue box on next page for info on how to register to use hockey equipment free of charge for your Hockey 2 course at Wheaton Ice...

212763	4 & up	6 Classes	\$96	9/16	Su	2:00pm- 2:30pm
212764	4 & up	6 Classes	\$96	11/4	Su	2:00pm- 2:30pm

## Hockey 3

**Prerequisite:** Passed Hockey 2  
**Prerequisite:** Passed Alpha or above in hockey skates  
We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turns and backward one-foot glides.

**Equipment required:** Caged helmet, curved stick cut to skater's height; shin guards, elbow and shoulder pads, hockey gloves and pants, cup, hockey skates. Rental hockey skates are available.

### Cabin John Ice Rink

206773	8-13yrs	6 Classes	\$144	9/11	Tu	7:15pm- 8:00pm
206772	8-13yrs	6 Classes	\$144	9/15	Sa	7:45am- 8:30am
207337	8-13yrs	6 Classes	\$144	11/3	Sa	7:45am- 8:30am
207338	8-13yrs	6 Classes	\$144	11/6	Tu	7:15pm- 8:00pm

### Wheaton Ice Arena

212783	4 & up	6 Classes	\$96	9/16	Su	1:30pm- 2:00pm
212784	4 & up	6 Classes	\$96	11/4	Su	1:30pm- 2:00pm



Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment available for use at no cost for their 6-week Hockey 1 or Hockey 2 classes. Equipment fits kids age 4-6 or 6-8, and includes shoulder and elbow pads, hockey pants and gloves, shin guards and adjustable helmet. Please contact the rink to confirm correct sizing. You'll return all equipment after each class, and pick it up again before your next class. Supplies are limited, so use the ParkPASS numbers below to register for equipment *after* you register for Hockey 1 or 2 at Wheaton Ice.

#### • Ice Hockey Equipment Rental: Small

*Wheaton Ice Arena only; fits kids age 4-6*

212024	4-6yrs	6 Classes	Free	9/15	Sa	10:15am-10:45am
212026	4-6yrs	6 Classes	Free	9/16	Su	1:00pm- 1:30pm
212765	4-6yrs	6 Classes	Free	9/16	Su	2:00pm- 2:30pm
212028	4-6yrs	6 Classes	Free	11/3	Sa	10:15am-10:45am
212030	4-6yrs	6 Classes	Free	11/3	Sa	11:45am-12:15pm
212049	4-6yrs	6 Classes	Free	11/4	Su	1:00pm- 1:30pm
212767	4-6yrs	6 Classes	Free	11/4	Su	2:00pm- 2:30pm

#### • Ice Hockey Equipment Rental: Large

*Wheaton Ice Arena only; fits kids age 6-8*

212025	6-8yrs	6 Classes	Free	9/15	Sa	10:15am-10:45am
212027	6-8yrs	6 Classes	Free	9/16	Su	1:00pm- 1:30pm
212766	6-8yrs	6 Classes	Free	9/16	Su	2:00pm- 2:30pm
212029	6-8yrs	6 Classes	Free	11/3	Sa	10:15am-10:45am
212031	6-8yrs	6 Classes	Free	11/3	Sa	11:45am-12:15pm
212050	6-8yrs	6 Classes	Free	11/4	Su	1:00pm- 1:30pm
212768	6-8yrs	6 Classes	Free	11/4	Su	2:00pm- 2:30pm

### Hockey: Teen/Adult

*Prerequisite: Pre-Alpha Plus in hockey skates*

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing.

*Full gear required (rental hockey skates available).*

#### Cabin John Ice Rink

206774	11 & up	6 Classes	\$144	9/13	Th	8:45pm- 9:30pm
213249	11 & up	6 Classes	\$144	11/1	Th	8:45pm- 9:30pm

#### Wheaton Ice Arena

212787	11 & up	6 Classes	\$96	9/15	Sa	11:15am-11:45am
212788	11 & up	6 Classes	\$96	11/3	Sa	11:15am-11:45am

**"FULL GEAR"** = Caged hockey helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, and hockey skates.

### Power Skating for Hockey

*Prerequisite:*

*Alpha (Level 3) OR Passed Mitey Mites 2 or Hockey 2*

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power, and technique. *Full gear required.*

#### Cabin John Ice Rink

206775	4 & up	6 Classes	\$48	9/13	Th	6:45pm- 7:00pm
207340	4 & up	6 Classes	\$48	11/1	Th	6:45pm- 7:00pm

#### Wheaton Ice Arena

212832	4 & up	6 Classes	\$96	9/16	Su	1:00pm- 1:30pm
212833	4 & up	6 Classes	\$96	11/4	Su	1:00pm- 1:30pm

### Introduction to Goaltending

*Prerequisite: Mitey Mites 2 or Hockey 2*

Interested in becoming a goalie? This introductory level course will teach you the basic skills.

*Full gear required.*

#### Cabin John Ice Rink

210749	4 & up	6 Classes	\$96	9/11	Tu	8:00pm- 8:30pm
207341	4 & up	6 Classes	\$96	11/6	Tu	6:45pm- 7:15pm

### Passing & Shooting, Beginner

*Prerequisite: Passed Pre-Alpha Hockey in hockey skates, or passed Mighty Mites 1 or Hockey 1*

This specialty class will help you learn the basic hockey stance, stick curve/lie preferences, optimal hand and foot positioning, weight transfer, and how to pass and shoot from a stationary position. *Full gear required; no game experience needed.*

#### Cabin John Ice Rink

207342	4 & up	6 Classes	\$96	11/6	Tu	6:45pm- 7:15pm
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### Scrimmage 1

*Recommended for skaters enrolled in Mitey Mites 3, Hockey 2 or higher*

Learn the rules of hockey through this hands-on instructional class! As kids play in a series of scrimmages, they'll learn the key elements and rules of the game, and enhance their skating and hockey skills at the same time. *Full gear required.*

#### Cabin John Ice Rink

209610	4-8yrs	6 Classes	\$96	9/11	Tu	6:15pm- 6:45pm
211383	4-8yrs	6 Classes	\$96	9/15	Sa	7:15am- 7:45am
210700	9-13yrs	6 Classes	\$96	9/11	Tu	6:45pm- 7:15pm
211384	9-13yrs	6 Classes	\$96	9/15	Sa	9:15am- 9:45am

### Scrimmage 2

*Prerequisite: Passed Scrimmage 1*

After players have learned hockey's key elements and rules in Scrimmage 1, they'll now focus on learning game strategies in this course. *Full gear required.*

#### Cabin John Ice Rink

211386	4-8yrs	6 Classes	\$144	9/15	Sa	8:30am- 9:15am
211385	9-13yrs	6 Classes	\$144	9/15	Sa	7:45am- 8:30am



ICE HOCKEY





## The Maryland-National Capital Park and Planning Commission

No School?

# parkplayday

No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including ice skating lessons, arts & crafts, and fun team games and sports.



### Cabin John Ice Rink

211149	6-12yrs	1 Class	\$40	9/17	M	9:00am- 5:00pm
211150	6-12yrs	1 Class	\$40	9/26	W	9:00am- 5:00pm
211151	6-12yrs	1 Class	\$40	10/19	F	9:00am- 5:00pm
211152	6-12yrs	1 Class	\$40	11/5	M	9:00am- 5:00pm
211153	6-12yrs	1 Class	\$40	11/6	Tu	9:00am- 5:00pm
211154	6-12yrs	1 Class	\$40	12/26	W	9:00am- 5:00pm
211155	6-12yrs	1 Class	\$40	12/27	Th	9:00am- 5:00pm
211156	6-12yrs	1 Class	\$40	12/28	F	9:00am- 5:00pm

### Wheaton Ice Arena

211099	6-12yrs	1 Class	\$40	9/17	M	9:00am- 5:00pm
211100	6-12yrs	1 Class	\$40	9/26	W	9:00am- 5:00pm
211101	6-12yrs	1 Class	\$40	10/19	F	9:00am- 5:00pm
211102	6-12yrs	1 Class	\$40	11/5	M	9:00am- 5:00pm
211103	6-12yrs	1 Class	\$40	11/6	Tu	9:00am- 5:00pm
211104	6-12yrs	1 Class	\$40	12/26	W	9:00am- 5:00pm
211105	6-12yrs	1 Class	\$40	12/27	Th	9:00am- 5:00pm
211106	6-12yrs	1 Class	\$40	12/28	F	9:00am- 5:00pm



# Fall Fun on Ice

## HALLOWEEN SKATES

FRIDAY, OCTOBER 26  
and FRIDAY, OCTOBER 27

Wear your Halloween finery and celebrate on ice! Each rink will host one **Spooky Skate** (with creepy music and a darkened rink lit by a magical spinning ball), and one **Not-So-Spooky Skate** (with costume contest and prizes) on a fully lit rink. Treats for all skaters. \$6.50 per person includes admission and skate rental.



**Spooky Skate:**

**Not-So-Spooky Skate:**

### CABIN JOHN ICE

Friday, October 26, 8-10pm

Friday, October 26, 4:30-6pm

### WHEATON ICE

Friday, October 26, 8:15-10:15pm

Saturday, October 27, 12:30-2:30pm  
with face-painting, too!

## VETERAN'S DAY SKATES

SUNDAY, NOVEMBER 11

We salute you! Free skating and skate rentals for all military personnel (veterans and active duty) and their families.



**CABIN JOHN ICE** 3 sessions

8:30-10am, 12:30-2:30pm and 4:30-6:30pm

**WHEATON ICE** 2 sessions

11am-12:45pm and 2:45-4:45pm

## Keep Your Neighbors WARM Skate

FRIDAY, NOVEMBER 16



Bring your new or gently used winter clothing (coats, hats, scarves, gloves and mittens, etc.) and skate for just \$3.50 (includes skate rental). Dig through your closets and help keep your neighbors warm this winter.

Wheaton donations will go to Arcola Elementary; Cabin John donations will go to the National Alliance on Mental Illness-Montgomery County.

**CABIN JOHN ICE** | 8-10am, 12:30-2:30pm, 4:30-6pm; 8-10pm

**WHEATON ICE** | 12:30-2:30pm; 4:45-6:15pm; 8:15-10:15pm

Registration for September classes  
begins **AUGUST 12/13.**



*Cabin John  
Ice Rink*

10610 Westlake Dr.  
Rockville, MD 20852  
301-765-8620  
[www.CabinJohnIce.com](http://www.CabinJohnIce.com)



11717 Orebaugh Ave.  
Wheaton, MD 20902  
301-905-3000  
[www.WheatonIceArena.com](http://www.WheatonIceArena.com)



SKATEPARK

16601 Georgia Avenue • Olney, MD 20832 • 301-905-3095

www.OlneyManorSkate.com • Twitter **olneymanorsk8** • Facebook **OMSkate**

## SKATEBOARDING FOR BEGINNERS

Extreme fun! This class is great for the beginning rider. Learn how to push, ride, tack turn (tic-tac), kick turn, rock-'n'-roll, rock to fakie, ride fakie, and make a safe approach to ramps. Emphasis is skate park safety, increasing confidence and riding within one's ability. Class includes both instruction and skateboard games.

*No prerequisite; instructor will work with various levels of beginners. Required equipment: Skateboard, skateboard helmet, knee and elbow pads, and water; wrist guards recommended. Classes canceled due to inclement weather will be made up by adding an additional week.*

*For instructional questions, please call 703-994-7617.*

213949	5-8yrs	5 Sessions	\$68	9/9	Su	10:15am-11:15am
213950	9-12yrs	5 Sessions	\$68	9/9	Su	9:00am-10:00am

The Skatepark  
is scheduled to close  
for the season  
**OCTOBER 31**  
but...

\* If the weather's nice, the park will stay open later into the fall. So "LIKE" our **Facebook** page and follow us on **Twitter** to get the most current info, notice of extra sessions, and other breaking news.

## OLNEY FRIDAY NIGHTS

7:30-10:30pm, through Friday, August 24

Looking for a fun activity for your middle- and high school-age children on Friday nights? Check out Olney Manor Skate Park! Sponsored by Montgomery Parks, Roll Skate Shop, Rocketeria and Project Change, these community-driven events bring together Olney businesses and organizations with area residents in a safe and supervised environment. There are only four Friday nights scheduled for the rest of the year, so come on out!

### FEATURING:

- Skateboarding at Olney Manor Skate Park
- *Live music from local bands!\**
- 8/3 **Some Assembly Required**
- 8/10 **Braceface**
- 8/17 **Matador and Your Cousin, Marvin** (2 bands!)
- 8/24 **Lunar Tempest**
- Food available for purchase
- Giveaways from local businesses



Facebook at  
**OMSkate**



Twitter at  
**olneymanorsk8**



Party  
@ the  
Skatepark!

Want to have a party at the Skatepark? For \$50 an hour, you can book yourself an awesome party place.

For more info or to check possible dates for your event, email [Atuya.Cornwell@MontgomeryParks.org](mailto:Atuya.Cornwell@MontgomeryParks.org). Download an application online at [www.OlneyManorSkate.com](http://www.OlneyManorSkate.com)



ROCKETERIA



\*Band schedule subject to change.



# Park Activity Buildings

**PARK ACTIVITY BUILDINGS MAY BE USED FOR:**

**Celebrations | Meetings | Parties**  
**Picnics | Receptions | Reunions | Social Events**

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



**Convenient Locations | Scenic Settings | Affordable Rates**



## Park Picnic Areas



**PARK PICNIC AREAS MAY BE USED FOR:**

**Family Events | Parties | Picnics | Reunions**

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Three group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

**Check locations, availability and reserve online 24/7 at**  
**ParkPermits.org** or call 301-495-2525.





**Pauline Betz Addie Tennis Center**  
**at Cabin John Regional Park**  
 7801 Democracy Blvd.  
 Bethesda, MD 20817  
 301-765-8650  
**CabinJohnTennis.com**



**Wheaton Indoor Tennis**  
 Wheaton Regional Park  
 11715 Orebaugh Avenue  
 Wheaton, MD 20902  
 301-905-3030  
**WheatonTennis.com**



## USTA 10 and Under Tennis



This ground-breaking new program from the United States Tennis Association gives kids age 10 and under the opportunity to learn real tennis...and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts sized just right for kids—so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's *real* tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!). All equipment is provided in the course fee.

All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit [www.10andUnderTennis.com](http://www.10andUnderTennis.com), and sign up for a class today at [www.ParkPASS.org](http://www.ParkPASS.org)

### • Ages 4-6

#### Pauline Betz Addie Tennis / Cabin John

208517	4-6yrs	6 Classes	\$132	9/8	Sa	9:00-10:00am
208518	4-6yrs	6 Classes	\$132	9/8	Sa	10:00-11:00am
208519	4-6yrs	6 Classes	\$132	9/8	Sa	11am-12:00pm
208525	4-6yrs	6 Classes	\$132	9/8	Sa	12:00- 1:00pm
208520	4-6yrs	6 Classes	\$132	9/9	Su	11am-12:00pm
208521	4-6yrs	6 Classes	\$132	9/9	Su	12:00- 1:00pm
208522	4-6yrs	6 Classes	\$132	9/9	Su	1:00- 2:00pm
208523	4-6yrs	6 Classes	\$132	9/9	Su	2:00- 3:00pm
208535	4-6yrs	6 Classes	\$132	9/11	Tu	4:00- 5:00pm
208534	4-6yrs	6 Classes	\$132	9/12	W	4:00- 5:00pm
210193	4-6yrs	6 Classes	\$132	10/27	Sa	9:00-10:00am
210194	4-6yrs	6 Classes	\$132	10/27	Sa	10:00-11:00am
210195	4-6yrs	6 Classes	\$132	10/27	Sa	11am-12:00pm
210196	4-6yrs	6 Classes	\$132	10/27	Sa	12:00- 1:00pm
211049	4-6yrs	6 Classes	\$132	10/28	Su	11am-12:00pm
211050	4-6yrs	6 Classes	\$132	10/28	Su	12:00- 1:00pm
211051	4-6yrs	6 Classes	\$132	10/28	Su	1:00- 2:00pm
211052	4-6yrs	6 Classes	\$132	10/28	Su	2:00- 3:00pm
210800	4-6yrs	6 Classes	\$132	10/30	Tu	4:00- 5:00pm
210862	4-6yrs	6 Classes	\$132	10/31	W	4:00- 5:00pm

#### Wheaton Indoor Tennis

212299	4-6yrs	6 Classes	\$108	9/6	Th	5:00- 6:00pm
212300	4-6yrs	6 Classes	\$108	9/7	F	4:00- 5:00pm
212301	4-6yrs	6 Classes	\$108	9/8	Sa	9:00-10:00am
212302	4-6yrs	6 Classes	\$108	9/8	Sa	10:00-11:00am
212303	4-6yrs	6 Classes	\$108	9/8	Sa	1:00- 2:00pm
212304	4-6yrs	6 Classes	\$108	9/9	Su	10:00-11:00am

212305	4-6yrs	6 Classes	\$108	9/10	M	4:00- 5:00pm
212306	4-6yrs	6 Classes	\$108	9/11	Tu	5:00- 6:00pm
212307	4-6yrs	6 Classes	\$108	9/12	W	4:00- 5:00pm
212312	4-6yrs	6 Classes	\$108	10/25	Th	5:00- 6:00pm
212313	4-6yrs	6 Classes	\$108	10/26	F	4:00- 5:00pm
212314	4-6yrs	6 Classes	\$108	10/27	Sa	9:00-10:00am
212315	4-6yrs	6 Classes	\$108	10/27	Sa	10:00-11:00am
212316	4-6yrs	6 Classes	\$108	10/27	Sa	1:00- 2:00pm
212308	4-8yrs	6 Classes	\$108	10/28	Su	10:00-11:00am
212309	4-6yrs	6 Classes	\$108	10/29	M	4:00- 5:00pm
212310	4-6yrs	6 Classes	\$108	10/30	Tu	5:00- 6:00pm
212311	4-6yrs	6 Classes	\$108	10/31	W	4:00- 5:00pm

### • Ages 7-10

#### Pauline Betz Addie Tennis / Cabin John

208536	7-10yrs	6 Classes	\$132	9/6	Th	5:00- 6:00pm
208537	7-10yrs	6 Classes	\$132	9/7	F	4:00- 5:00pm
208540	7-10yrs	6 Classes	\$132	9/8	Sa	9:00-10:00am
208541	7-10yrs	6 Classes	\$132	9/8	Sa	11am-12:00pm
208542	7-10yrs	6 Classes	\$132	9/8	Sa	3:00- 4:00pm
208543	7-10yrs	6 Classes	\$132	9/9	Su	11am-12:00pm
208544	7-10yrs	6 Classes	\$132	9/9	Su	3:00- 4:00pm
208538	7-10yrs	6 Classes	\$132	9/11	Tu	5:00- 6:00pm
208539	7-10yrs	6 Classes	\$132	9/12	W	5:00- 6:00pm
210158	7-10yrs	6 Classes	\$132	10/25	Th	5:00- 6:00pm
210161	7-10yrs	6 Classes	\$132	10/26	F	4:00- 5:00pm
210179	7-10yrs	6 Classes	\$132	10/27	Sa	9:00-10:00am
210181	7-10yrs	6 Classes	\$132	10/27	Sa	11am-12:00pm
210191	7-10yrs	6 Classes	\$132	10/27	Sa	3:00- 4:00pm
211053	7-10yrs	6 Classes	\$132	10/28	Su	3:00- 4:00pm
211054	7-10yrs	6 Classes	\$132	10/28	Su	11am-12:00pm
210801	7-10yrs	6 Classes	\$132	10/30	Tu	5:00- 6:00pm
210863	7-10yrs	6 Classes	\$132	10/31	W	5:00- 6:00pm

#### Wheaton Indoor Tennis

212318	7-10yrs	6 Classes	\$108	9/6	Th	4:00- 5:00pm
212327	7-10yrs	6 Classes	\$108	9/6	Th	5:00- 6:00pm
212319	7-10yrs	6 Classes	\$108	9/7	F	5:00- 6:00pm
212317	7-10yrs	6 Classes	\$108	9/8	Sa	9:00-10:00am
212323	7-10yrs	6 Classes	\$108	9/9	Su	11am-12:00pm
212324	7-10yrs	6 Classes	\$108	9/9	Su	3:00- 4:00pm
212325	7-10yrs	6 Classes	\$108	9/10	M	5:00- 6:00pm
212326	7-10yrs	6 Classes	\$108	9/11	Tu	4:00- 5:00pm
212321	7-10yrs	6 Classes	\$108	10/25	Th	4:00- 5:00pm
212331	7-10yrs	6 Classes	\$108	10/25	Th	5:00- 6:00pm
212322	7-10yrs	6 Classes	\$108	10/26	F	5:00- 6:00pm
212320	7-10yrs	6 Classes	\$108	10/27	Sa	9:00-10:00am
212328	7-10yrs	6 Classes	\$108	10/28	Su	11am-12:00pm
212332	7-10yrs	6 Classes	\$108	10/28	Su	3:00- 4:00pm
212329	7-10yrs	6 Classes	\$108	10/29	M	5:00- 6:00pm
212330	7-10yrs	6 Classes	\$108	10/30	Tu	4:00- 5:00pm



## TENNIS REGISTRATION DATES

### INDOOR CLASSES

Registration opens  
**AUGUST 19/20\***  
 for classes starting  
 in **SEPTEMBER**

Registration opens  
**OCTOBER 14/15\***  
 for classes starting  
 in **OCTOBER**

### OUTDOOR CLASSES

Registration opens  
**AUGUST 14/15\***  
 for ALL outdoor  
 tennis classes

\* First registration  
 date listed above is for  
 Montgomery County  
 residents; second  
 date is open to all.





## Parent & Child Tennis

Bring your 5-8 year-old and have fun learning fundamental tennis skills together. We'll teach Beginner/ Beginner Plus level skills and drills that can be continued outside of class. Fee covers one parent and one child; please register the child only.

### Pauline Betz Addie Tennis / Cabin John

208476	5-8yrs	6 Classes	\$144	9/7	F	4:00- 5:00pm
208478	5-8yrs	6 Classes	\$144	9/8	Sa	1:00- 2:00pm
208475	5-8yrs	6 Classes	\$144	9/10	M	5:00- 6:00pm
208477	5-8yrs	6 Classes	\$144	9/11	Tu	4:00- 5:00pm
210166	5-8yrs	6 Classes	\$144	10/26	F	4:00- 5:00pm
210174	5-8yrs	6 Classes	\$144	10/27	Sa	1:00- 2:00pm
210207	5-8yrs	6 Classes	\$144	10/29	M	5:00- 6:00pm
210849	5-8yrs	6 Classes	\$144	10/30	Tu	4:00- 5:00pm

### Wheaton Indoor Tennis

212199	5-8yrs	6 Classes	\$126	9/6	Th	6:00- 7:00pm
212201	5-8yrs	6 Classes	\$126	9/8	Sa	11am-12:00pm
212203	5-8yrs	6 Classes	\$126	9/8	Sa	12:00- 1:00pm
212861	5-8yrs	6 Classes	\$126	9/9	Su	10:00-11:00am
212205	5-8yrs	6 Classes	\$126	9/9	Su	2:00- 3:00pm
212207	5-8yrs	6 Classes	\$126	9/11	Tu	6:00- 7:00pm
212200	5-8yrs	6 Classes	\$126	10/25	Th	6:00- 7:00pm
212202	5-8yrs	6 Classes	\$126	10/27	Sa	11am-12:00pm
212204	5-8yrs	6 Classes	\$126	10/27	Sa	12:00- 1:00pm
212862	5-8yrs	6 Classes	\$126	10/28	Su	10:00-11:00am
212206	5-8yrs	6 Classes	\$126	10/28	Su	2:00- 3:00pm
212208	5-8yrs	6 Classes	\$126	10/30	Tu	6:00- 7:00pm

## Parent & Pre-Teen Tennis

For parents and their 9- to 12-year-old children; see "Parent & Child Tennis" for class description. Have fun learning tennis together! Fee covers one parent and one child; register child only.

### Pauline Betz Addie Tennis / Cabin John

208487	9-12yrs	6 Classes	\$144	9/10	M	5:00- 6:00pm
208488	9-12yrs	6 Classes	\$144	9/11	Tu	4:00- 5:00pm
209553	9-12yrs	6 Classes	\$144	9/12	W	6:00- 7:00pm
210200	9-12yrs	6 Classes	\$144	10/29	M	5:00- 6:00pm
210855	9-12yrs	6 Classes	\$144	10/30	Tu	4:00- 5:00pm
210872	9-12yrs	6 Classes	\$144	10/31	W	6:00- 7:00pm

### Wheaton Indoor Tennis

212249	9-12yrs	6 Classes	\$126	9/6	Th	6:00- 7:00pm
212251	9-12yrs	6 Classes	\$126	9/8	Sa	11am-12:00pm
212253	9-12yrs	6 Classes	\$126	9/8	Sa	12:00- 1:00pm
212255	9-12yrs	6 Classes	\$126	9/9	Su	12:00- 1:00pm
212259	9-12yrs	6 Classes	\$126	9/9	Su	2:00- 3:00pm
212257	9-12yrs	6 Classes	\$126	9/11	Tu	6:00- 7:00pm
212250	9-12yrs	6 Classes	\$126	10/25	Th	6:00- 7:00pm
212252	9-12yrs	6 Classes	\$126	10/27	Sa	11am-12:00pm
212254	9-12yrs	6 Classes	\$126	10/27	Sa	12:00- 1:00pm
212256	9-12yrs	6 Classes	\$126	10/28	Su	12:00- 1:00pm
212260	9-12yrs	6 Classes	\$126	10/28	Su	2:00- 3:00pm
212258	9-12yrs	6 Classes	\$126	10/30	Tu	6:00- 7:00pm

## Beginner Tennis

These classes are designed for students who have never played tennis. You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

### • Beginner, USTA

For pre-teen beginners, we've taken the exciting new "10 and Under Tennis" program and adapted it for kids age 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate—within an hour kids are rallying, having fun and psyched for more. They're playing *real* tennis and having *real* fun.

### Pauline Betz Addie Tennis / Cabin John

208404	11-13yrs	6 Classes	\$132	9/7	F	5:00- 6:00pm
208401	11-13yrs	6 Classes	\$132	9/8	Sa	12:00- 1:00pm
208400	11-13yrs	6 Classes	\$132	9/9	Su	11am-12:00pm
208403	11-13yrs	6 Classes	\$132	9/10	M	4:00- 5:00pm
208402	11-13yrs	6 Classes	\$132	9/12	W	5:00- 6:00pm
210162	11-13yrs	6 Classes	\$132	10/26	F	5:00- 6:00pm
210182	11-13yrs	6 Classes	\$132	10/27	Sa	12:00- 1:00pm
211059	11-13yrs	6 Classes	\$132	10/28	Su	11am-12:00pm
210199	11-13yrs	6 Classes	\$132	10/29	M	4:00- 5:00pm
210871	11-13yrs	6 Classes	\$132	10/31	W	5:00- 6:00pm

### Wheaton Indoor Tennis

211451	11-13yrs	6 Classes	\$108	9/8	Sa	1:00- 2:00pm
211454	11-13yrs	6 Classes	\$108	9/12	W	5:00- 6:00pm
211460	11-13yrs	6 Classes	\$108	10/27	Sa	1:00- 2:00pm
211457	11-13yrs	6 Classes	\$108	10/31	W	5:00- 6:00pm

### • Beginner, Teen

### Pauline Betz Addie Tennis / Cabin John

208394	13-17yrs	6 Classes	\$132	9/6	Th	5:00- 6:00pm
208396	13-17yrs	6 Classes	\$132	9/9	Su	12:00- 1:00pm
208395	13-17yrs	6 Classes	\$132	9/10	M	6:00- 7:00pm
210155	13-17yrs	6 Classes	\$132	10/25	Th	5:00- 6:00pm
211060	13-17yrs	6 Classes	\$132	10/28	Su	12:00- 1:00pm
210203	13-17yrs	6 Classes	\$132	10/29	M	6:00- 7:00pm

### Wheaton Indoor Tennis

211409	13-17yrs	6 Classes	\$108	9/7	F	6:00- 7:00pm
211411	13-17yrs	6 Classes	\$108	9/8	Sa	10:00-11:00am
211413	13-17yrs	6 Classes	\$108	9/9	Su	1:00- 2:00pm
211415	13-17yrs	6 Classes	\$108	9/12	W	6:00- 7:00pm
211410	13-17yrs	6 Classes	\$108	10/26	F	6:00- 7:00pm
211412	13-17yrs	6 Classes	\$108	10/27	Sa	10:00-11:00am
211414	13-17yrs	6 Classes	\$108	10/28	Su	1:00- 2:00pm
211416	13-17yrs	6 Classes	\$108	10/31	W	6:00- 7:00pm

### • Beginner, Adult

### Pauline Betz Addie Tennis / Cabin John

208374	18 & up	6 Classes	\$132	9/6	Th	6:00- 7:00pm
208378	18 & up	6 Classes	\$132	9/8	Sa	5:00- 6:00pm
208379	18 & up	6 Classes	\$132	9/9	Su	12:00- 1:00pm
208375	18 & up	6 Classes	\$132	9/10	M	6:00- 7:00pm
208376	18 & up	6 Classes	\$132	9/11	Tu	7:00- 8:00pm
208377	18 & up	6 Classes	\$132	9/12	W	7:00- 8:00pm
210156	18 & up	6 Classes	\$132	10/25	Th	6:00- 7:00pm
210186	18 & up	6 Classes	\$132	10/27	Sa	5:00- 6:00pm



## Tennis in 4 Languages

Look for the little blue globe symbol—this marks a class that will be taught in four different languages at Wheaton Indoor Tennis:

**ENGLISH  
SPANISH  
GERMAN  
FRENCH**

If English isn't your first language and you'd like to learn or improve your tennis game, sign up for one of these multi-language lesson times and have a ball! Also great for people who play tennis and would like to brush up on their skills in one of these languages.

This class will be taught in four languages (English, Spanish, German & French) at Wheaton Indoor Tennis.

## • Beginner, Adult *Pauline Betz Addie* (cont.)

211055	18 & up	6 Classes	\$132	10/28	Su	12:00- 1:00pm
210201	18 & up	6 Classes	\$132	10/29	M	6:00- 7:00pm
210852	18 & up	6 Classes	\$132	10/30	Tu	7:00- 8:00pm
210869	18 & up	6 Classes	\$132	10/31	W	7:00- 8:00pm

### Wheaton Indoor Tennis

211359	18 & up	6 Classes	\$108	9/6	Th	11am-12:00pm
212857	18 & up	6 Classes	\$108	9/7	F	9:00-10:00am
211365	18 & up	6 Classes	\$108	9/8	Sa	10:00-11:00am
211367	18 & up	6 Classes	\$108	9/8	Sa	2:00- 3:00pm
211369	18 & up	6 Classes	\$108	9/9	Su	11am-12:00pm
212859	18 & up	6 Classes	\$108	9/9	Su	4:00- 5:00pm
212865	18 & up	6 Classes	\$108	9/10	M	10:00-11:00am
211373	18 & up	6 Classes	\$108	9/10	M	7:00- 8:00pm
211375	18 & up	6 Classes	\$108	9/11	Tu	8:00- 9:00pm
211379	18 & up	6 Classes	\$108	9/12	W	7:00- 8:00pm
211360	18 & up	6 Classes	\$108	10/25	Th	11am-12:00pm
212858	18 & up	6 Classes	\$108	10/26	F	9:00-10:00am
211366	18 & up	6 Classes	\$108	10/27	Sa	10:00-11:00am
211368	18 & up	6 Classes	\$108	10/27	Sa	2:00- 3:00pm
211370	18 & up	6 Classes	\$108	10/28	Su	11am-12:00pm
212860	18 & up	6 Classes	\$108	10/28	Su	4:00- 5:00pm
212866	18 & up	6 Classes	\$108	10/29	M	10:00-11:00am
211374	18 & up	6 Classes	\$108	10/29	M	7:00- 8:00pm
211376	18 & up	6 Classes	\$108	10/30	Tu	8:00- 9:00pm
211380	18 & up	6 Classes	\$108	10/31	W	7:00- 8:00pm

## • Beginner, Senior

Designed for adults age 55 and older who have never played tennis, or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

### Wheaton Indoor Tennis

211399	55 & up	6 Classes	\$108	9/6	Th	10:00-11:00am
211401	55 & up	6 Classes	\$108	9/10	M	6:00- 7:00pm
211403	55 & up	6 Classes	\$108	9/11	Tu	9:00-10:00am
211400	55 & up	6 Classes	\$108	10/25	Th	10:00-11:00am
211402	55 & up	6 Classes	\$108	10/29	M	6:00- 7:00pm
211404	55 & up	6 Classes	\$108	10/30	Tu	9:00-10:00am

## Intermediate Tennis @ Wheaton

In Intermediate courses at Wheaton Indoor Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

## • Intermediate, Youth

### Wheaton Indoor Tennis

211558	5-8yrs	6 Classes	\$108	9/7	F	4:00- 5:00pm
211560	5-8yrs	6 Classes	\$108	9/9	Su	3:00- 4:00pm
211556	5-8yrs	6 Classes	\$108	9/12	W	4:00- 5:00pm
211559	5-8yrs	6 Classes	\$108	10/26	F	4:00- 5:00pm
211561	5-8yrs	6 Classes	\$108	10/28	Su	3:00- 4:00pm
211557	5-8yrs	6 Classes	\$108	10/31	W	4:00- 5:00pm

## • Intermediate, Pre-Teen

### Wheaton Indoor Tennis

211499	9-12yrs	6 Classes	\$108	9/7	F	5:00- 6:00pm
211504	9-12yrs	6 Classes	\$108	9/8	Sa	2:00- 3:00pm
211501	9-12yrs	6 Classes	\$108	9/12	W	5:00- 6:00pm
211500	9-12yrs	6 Classes	\$108	10/26	F	5:00- 6:00pm
211503	9-12yrs	6 Classes	\$108	10/27	Sa	2:00- 3:00pm
211502	9-12yrs	6 Classes	\$108	10/31	W	5:00- 6:00pm

## • Intermediate, Teen

### Wheaton Indoor Tennis

211514	13-17yrs	6 Classes	\$108	9/7	F	6:00- 7:00pm
211516	13-17yrs	6 Classes	\$108	9/8	Sa	12:00- 1:00pm
211524	13-17yrs	6 Classes	\$108	9/8	Sa	1:00- 2:00pm
211518	13-17yrs	6 Classes	\$108	9/9	Su	4:00- 5:00pm
211522	13-17yrs	6 Classes	\$108	9/12	W	6:00- 7:00pm
211515	13-17yrs	6 Classes	\$108	10/26	F	6:00- 7:00pm
211517	13-17yrs	6 Classes	\$108	10/27	Sa	12:00- 1:00pm
211549	13-17yrs	6 Classes	\$108	10/27	Sa	1:00- 2:00pm
211519	13-17yrs	6 Classes	\$108	10/28	Su	4:00- 5:00pm
211523	13-17yrs	6 Classes	\$108	10/31	W	6:00- 7:00pm

## • Intermediate, Adult

### Wheaton Indoor Tennis

211478	18 & up	6 Classes	\$108	9/6	Th	8:00- 9:00pm
211480	18 & up	6 Classes	\$108	9/7	F	10:00-11:00am
211482	18 & up	6 Classes	\$108	9/8	Sa	11am-12:00pm
211484	18 & up	6 Classes	\$108	9/9	Su	12:00- 1:00pm
211488	18 & up	6 Classes	\$108	9/10	M	11am-12:00pm
211490	18 & up	6 Classes	\$108	9/10	M	8:00- 9:00pm
211492	18 & up	6 Classes	\$108	9/11	Tu	7:00- 8:00pm
211494	18 & up	6 Classes	\$108	9/12	W	9:00-10:00am
211496	18 & up	6 Classes	\$108	9/12	W	8:00- 9:00pm
211479	18 & up	6 Classes	\$108	10/25	Th	8:00- 9:00pm
211481	18 & up	6 Classes	\$108	10/26	F	10:00-11:00am
211483	18 & up	6 Classes	\$108	10/27	Sa	11am-12:00pm
211485	18 & up	6 Classes	\$108	10/28	Su	12:00- 1:00pm
211489	18 & up	6 Classes	\$108	10/29	M	11am-12:00pm
211491	18 & up	6 Classes	\$108	10/29	M	8:00- 9:00pm
211493	18 & up	6 Classes	\$108	10/30	Tu	7:00- 8:00pm
211495	18 & up	6 Classes	\$108	10/31	W	9:00-10:00am
211497	18 & up	6 Classes	\$108	10/31	W	8:00- 9:00pm

## • Intermediate, Senior

Designed for adults 55 and older who have played tennis before and/or taken tennis lessons, and would like to improve their game.

### Wheaton Indoor Tennis

211512	55 & up	6 Classes	\$108	9/6	Th	7:00- 8:00pm
211510	55 & up	6 Classes	\$108	9/10	M	6:00- 7:00pm
211508	55 & up	6 Classes	\$108	9/12	W	10:00-11:00am
211513	55 & up	6 Classes	\$108	10/25	Th	7:00- 8:00pm
211511	55 & up	6 Classes	\$108	10/29	M	6:00- 7:00pm
211509	55 & up	6 Classes	\$108	10/31	W	10:00-11:00am



\* Hours apply through September 5, 2012. Open later some days after September 6; please check websites for complete schedules.



## HOURS OF OPERATION and dates to note

### Pauline Betz Addie Tennis Center

#### OPEN

Mon.-Fri.: 6am-11pm\*  
Sat. & Sun.: 6am-8pm\*

#### Closed

- Mon. Aug. 27- Wed. Sept. 5 for maintenance
- Closed at 5pm Mon. Nov. 5 and all day Nov. 6 for elections (polling place)
- Closed Thurs. Nov. 22 (Thanksgiving)

### No Classes at either facility

Sept. 17, 25 & 26  
Nov. 21-25

### Wheaton Indoor Tennis OPEN

Mon.-Fri.: 8am-11pm\*  
Sat. & Sun.: 8am-8pm\*

#### Closed

- Closed Mon. Aug. 20 - Fri. Aug. 24 for maintenance
- Closed Mon. Sept. 3 (Labor Day)
- Closed Thurs. Nov. 22 (Thanksgiving)





## First Intermediate Tennis @ PBA

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

### • First Intermediate, Youth

#### Pauline Betz Addie Tennis / Cabin John

208448	5-8yrs	6 Classes	\$132	9/7	F	5:00- 6:00pm
208451	5-8yrs	6 Classes	\$132	9/8	Sa	2:00- 3:00pm
208457	5-8yrs	6 Classes	\$132	9/8	Sa	4:00- 5:00pm
208456	5-8yrs	6 Classes	\$132	9/9	Su	1:00- 2:00pm
208449	5-8yrs	6 Classes	\$132	9/11	Tu	5:00- 6:00pm
208450	5-8yrs	6 Classes	\$132	9/12	W	5:00- 6:00pm
210167	5-8yrs	6 Classes	\$132	10/26	F	5:00- 6:00pm
210192	5-8yrs	6 Classes	\$132	10/27	Sa	2:00- 3:00pm
210190	5-8yrs	6 Classes	\$132	10/27	Sa	4:00- 5:00pm
211056	5-8yrs	6 Classes	\$132	10/28	Su	1:00- 2:00pm
210856	5-8yrs	6 Classes	\$132	10/30	Tu	5:00- 6:00pm

### • First Intermediate, Pre-Teen

#### Pauline Betz Addie Tennis / Cabin John

208431	9-12yrs	6 Classes	\$132	9/6	Th	5:00- 6:00pm
208434	9-12yrs	6 Classes	\$132	9/8	Sa	12:00- 1:00pm
208432	9-12yrs	6 Classes	\$132	9/10	M	5:00- 6:00pm
208433	9-12yrs	6 Classes	\$132	9/12	W	6:00- 7:00pm
210153	9-12yrs	6 Classes	\$132	10/25	Th	5:00- 6:00pm
210173	9-12yrs	6 Classes	\$132	10/27	Sa	12:00- 1:00pm
210202	9-12yrs	6 Classes	\$132	10/29	M	5:00- 6:00pm
210864	9-12yrs	6 Classes	\$132	10/31	W	6:00- 7:00pm

### • First Intermediate, Teen

#### Pauline Betz Addie Tennis / Cabin John

208444	13-17yrs	6 Classes	\$132	9/7	F	6:00- 7:00pm
208445	13-17yrs	6 Classes	\$132	9/8	Sa	1:00- 2:00pm
208446	13-17yrs	6 Classes	\$132	9/9	Su	9:00-10:00am
208447	13-17yrs	6 Classes	\$132	9/9	Su	10:00-11:00am
208443	13-17yrs	6 Classes	\$132	9/10	M	6:00- 7:00pm
210171	13-17yrs	6 Classes	\$132	10/26	F	6:00- 7:00pm
210183	13-17yrs	6 Classes	\$132	10/27	Sa	1:00- 2:00pm
210876	13-17yrs	6 Classes	\$132	10/28	Su	9:00-10:00am
210878	13-17yrs	6 Classes	\$132	10/28	Su	10:00-11:00am
210208	13-17yrs	6 Classes	\$132	10/29	M	6:00- 7:00pm

### • First Intermediate, Adult

#### Pauline Betz Addie Tennis / Cabin John

208429	18 & up	6 Classes	\$132	9/6	Th	7:00- 8:00pm
208430	18 & up	6 Classes	\$132	9/6	Th	10:00-11:00am
208427	18 & up	6 Classes	\$132	9/8	Sa	10:00-11:00am
208428	18 & up	6 Classes	\$132	9/11	Tu	8:00- 9:00pm
210150	18 & up	6 Classes	\$132	10/25	Th	10:00-11:00am
210157	18 & up	6 Classes	\$132	10/25	Th	7:00- 8:00pm
210180	18 & up	6 Classes	\$132	10/27	Sa	10:00-11:00am
210853	18 & up	6 Classes	\$132	10/30	Tu	8:00- 9:00pm

## Second Intermediate Tennis @ PBA

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

### • Second Intermediate, Pre-Teen

#### Pauline Betz Addie Tennis / Cabin John

208503	9-12yrs	6 Classes	\$132	9/7	F	5:00- 6:00pm
208506	9-12yrs	6 Classes	\$132	9/8	Sa	1:00- 2:00pm
208507	9-12yrs	6 Classes	\$132	9/8	Sa	6:00- 7:00pm
208504	9-12yrs	6 Classes	\$132	9/11	Tu	5:00- 6:00pm
208505	9-12yrs	6 Classes	\$132	9/12	W	6:00- 7:00pm
210170	9-12yrs	6 Classes	\$132	10/26	F	5:00- 6:00pm
210197	9-12yrs	6 Classes	\$132	10/27	Sa	1:00- 2:00pm
210188	9-12yrs	6 Classes	\$132	10/27	Sa	6:00- 7:00pm
210850	9-12yrs	6 Classes	\$132	10/30	Tu	5:00- 6:00pm
210868	9-12yrs	6 Classes	\$132	10/31	W	6:00- 7:00pm

### • Second Intermediate, Teen

#### Pauline Betz Addie Tennis / Cabin John

208510	13-17yrs	6 Classes	\$132	9/6	Th	6:00- 7:00pm
208511	13-17yrs	6 Classes	\$132	9/7	F	6:00- 7:00pm
208513	13-17yrs	6 Classes	\$132	9/9	Su	3:00- 4:00pm
208512	13-17yrs	6 Classes	\$132	9/11	Tu	6:00- 7:00pm
210160	13-17yrs	6 Classes	\$132	10/25	Th	6:00- 7:00pm
210168	13-17yrs	6 Classes	\$132	10/26	F	6:00- 7:00pm
211058	13-17yrs	6 Classes	\$132	10/28	Su	3:00- 4:00pm
210851	13-17yrs	6 Classes	\$132	10/30	Tu	6:00- 7:00pm

### • Second Intermediate, Adult

#### Pauline Betz Addie Tennis / Cabin John

208491	18 & up	6 Classes	\$132	9/6	Th	7:00- 8:00pm
208501	18 & up	6 Classes	\$132	9/7	F	6:00- 7:00pm
208492	18 & up	6 Classes	\$132	9/8	Sa	11am-12:00pm
208499	18 & up	6 Classes	\$132	9/8	Sa	5:00- 6:00pm
208498	18 & up	6 Classes	\$132	9/9	Su	1:00- 2:00pm
208500	18 & up	6 Classes	\$132	9/11	Tu	6:00- 7:00pm
208502	18 & up	6 Classes	\$132	9/12	W	12:00- 1:00pm
210159	18 & up	6 Classes	\$132	10/25	Th	7:00- 8:00pm
210163	18 & up	6 Classes	\$132	10/26	F	6:00- 7:00pm
210172	18 & up	6 Classes	\$132	10/27	Sa	11am-12:00pm
210178	18 & up	6 Classes	\$132	10/27	Sa	5:00- 6:00pm
211061	18 & up	6 Classes	\$132	10/28	Su	1:00- 2:00pm
210802	18 & up	6 Classes	\$132	10/30	Tu	6:00- 7:00pm
210860	18 & up	6 Classes	\$132	10/31	W	12:00- 1:00pm

## Advanced Tennis

*Prerequisite: Mastery of Intermediate level skills*

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situation analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including both offensive and defensive shots.

### • Advanced, Youth

#### Pauline Betz Addie Tennis / Cabin John

208372	5-8yrs	6 Classes	\$144	9/8	Sa	5:00- 6:00pm
208373	5-8yrs	6 Classes	\$144	9/9	Su	10:00-11:00am
210189	5-8yrs	6 Classes	\$144	10/27	Sa	5:00- 6:00pm
210877	5-8yrs	6 Classes	\$144	10/28	Su	10:00-11:00am



Parks instructors work carefully with all students to help them get the most out of every class.

At the end of each class, the instructor will tell you if you're ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.

## • Advanced, Pre-Teen

### Pauline Betz Addie Tennis / Cabin John

208360	9-12yrs	6 Classes	\$144	9/8	Sa	2:00- 3:00pm
208361	9-12yrs	6 Classes	\$144	9/8	Sa	6:00- 7:00pm
210175	9-12yrs	6 Classes	\$144	10/27	Sa	2:00- 3:00pm
210187	9-12yrs	6 Classes	\$144	10/27	Sa	6:00- 7:00pm

### Wheaton Indoor Tennis

211351	9-12yrs	6 Classes	\$120	9/6	Th	4:00- 5:00pm
211349	9-12yrs	6 Classes	\$120	9/11	Tu	4:00- 5:00pm
211352	9-12yrs	6 Classes	\$120	10/25	Th	4:00- 5:00pm
211350	9-12yrs	6 Classes	\$120	10/30	Tu	4:00- 5:00pm

## • Advanced, Teen

### Pauline Betz Addie Tennis / Cabin John

208364	13-17yrs	6 Classes	\$144	9/8	Sa	3:00- 4:00pm
208365	13-17yrs	6 Classes	\$144	9/8	Sa	4:00- 5:00pm
208363	13-17yrs	6 Classes	\$144	9/11	Tu	6:00- 7:00pm
210176	13-17yrs	6 Classes	\$144	10/27	Sa	3:00- 4:00pm
210177	13-17yrs	6 Classes	\$144	10/27	Sa	4:00- 5:00pm
210857	13-17yrs	6 Classes	\$144	10/30	Tu	6:00- 7:00pm

### Wheaton Indoor Tennis

211353	13-17yrs	6 Classes	\$120	9/9	Su	5:00- 6:00pm
211357	13-17yrs	6 Classes	\$120	9/11	Tu	5:00- 6:00pm
211354	13-17yrs	6 Classes	\$120	10/28	Su	5:00- 6:00pm
211356	13-17yrs	6 Classes	\$120	10/30	Tu	5:00- 6:00pm

## • Advanced, Adult

### Pauline Betz Addie Tennis / Cabin John

208349	18 & up	6 Classes	\$144	9/6	Th	6:00pm- 7:00pm
208350	18 & up	6 Classes	\$144	9/7	F	7:00- 8:00pm
208352	18 & up	6 Classes	\$144	9/9	Su	2:00- 3:00pm
208359	18 & up	6 Classes	\$144	9/11	Tu	11am-12:00pm
208351	18 & up	6 Classes	\$144	9/12	W	8:00- 9:00pm
210154	18 & up	6 Classes	\$144	10/25	Th	6:00- 7:00pm
210169	18 & up	6 Classes	\$144	10/26	F	7:00- 8:00pm
210499	18 & up	6 Classes	\$144	10/30	Tu	11am-12:00pm
211062	18 & up	6 Classes	\$144	10/28	Su	2:00- 3:00pm
210870	18 & up	6 Classes	\$144	10/31	W	8:00- 9:00pm

### Wheaton Indoor Tennis

211249	18 & up	6 Classes	\$120	9/7	F	11:00-12:00pm
211265	18 & up	6 Classes	\$120	9/9	Su	5:00- 6:00pm
212867	18 & up	6 Classes	\$120	9/10	M	9:00-10:00am
211257	18 & up	6 Classes	\$120	9/10	M	7:00- 8:00pm
211263	18 & up	6 Classes	\$120	9/12	W	7:00- 8:00pm
211250	18 & up	6 Classes	\$120	10/26	F	11am-12:00pm
211266	18 & up	6 Classes	\$120	10/28	Su	5:00- 6:00pm
212868	18 & up	6 Classes	\$120	10/29	M	9:00-10:00am
211258	18 & up	6 Classes	\$120	10/29	M	7:00- 8:00pm
211264	18 & up	6 Classes	\$120	10/31	W	7:00- 8:00pm

## Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

### Pauline Betz Addie Tennis / Cabin John

208418	18 & up	6 Classes	\$144	9/6	Th	12:00- 1:00pm
208419	18 & up	6 Classes	\$144	9/6	Th	9:00-10:00am
208406	18 & up	6 Classes	\$144	9/8	Sa	2:00- 3:00pm
208407	18 & up	6 Classes	\$144	9/8	Sa	3:00- 4:00pm
208413	18 & up	6 Classes	\$144	9/9	Su	9:00-10:00am
208408	18 & up	6 Classes	\$144	9/9	Su	2:00- 3:00pm
208405	18 & up	6 Classes	\$144	9/10	M	7:00- 8:00pm
208417	18 & up	6 Classes	\$144	9/11	Tu	1:00- 2:00pm
208415	18 & up	6 Classes	\$144	9/11	Tu	7:00- 8:00pm
208416	18 & up	6 Classes	\$144	9/12	W	11am-12:00pm
208414	18 & up	6 Classes	\$144	9/12	W	7:00- 8:00pm
210149	18 & up	6 Classes	\$144	10/25	Th	9:00-10:00am
210152	18 & up	6 Classes	\$144	10/25	Th	12:00- 1:00pm
210184	18 & up	6 Classes	\$144	10/27	Sa	2:00- 3:00pm
210185	18 & up	6 Classes	\$144	10/27	Sa	3:00- 4:00pm
210875	18 & up	6 Classes	\$144	10/28	Su	9:00-10:00am
211057	18 & up	6 Classes	\$144	10/28	Su	2:00- 3:00pm
210204	18 & up	6 Classes	\$144	10/29	M	7:00- 8:00pm
210501	18 & up	6 Classes	\$144	10/30	Tu	1:00- 2:00pm
210858	18 & up	6 Classes	\$144	10/30	Tu	7:00- 8:00pm
210859	18 & up	6 Classes	\$144	10/31	W	11am-12:00pm
210873	18 & up	6 Classes	\$144	10/31	W	7:00- 8:00pm

### Wheaton Indoor Tennis

211462	18 & up	6 Classes	\$120	9/6	Th	9:00-10:00am
211464	18 & up	6 Classes	\$120	9/8	Sa	9:00-10:00am
212863	18 & up	6 Classes	\$120	9/9	Su	1:00- 2:00pm
211470	18 & up	6 Classes	\$120	9/10	M	8:00- 9:00pm
211466	18 & up	6 Classes	\$120	9/11	Tu	10:00-11:00am
211474	18 & up	6 Classes	\$120	9/11	Tu	7:00- 8:00pm
211463	18 & up	6 Classes	\$120	10/25	Th	9:00-10:00am
211465	18 & up	6 Classes	\$120	10/27	Sa	9:00-10:00am
212864	18 & up	6 Classes	\$120	10/28	Su	1:00- 2:00pm
211471	18 & up	6 Classes	\$120	10/29	M	8:00- 9:00pm
211467	18 & up	6 Classes	\$120	10/30	Tu	10:00-11:00am
211475	18 & up	6 Classes	\$120	10/30	Tu	7:00- 8:00pm

## Tennis Clinic: Men's Level 4.0 & Up Drill/Play

### Prerequisite: Evaluation by instructor

This advanced course for men at USTA Level 4.0 and above will feature drills covering transitional play, baseline hitting, volleys and overhead smash; combined with rotating point and game play. Call 301-765-8650 for more information.

### Pauline Betz Addie Tennis / Cabin John

210099	18 & up	6 Classes	\$288	9/12	W	9:00-11:00pm
210874	18 & up	6 Classes	\$288	10/31	W	9:00-11:00pm



Rent the  
**SMASH!**



Pauline Betz Addie ("PBA") Tennis Center has a brand-new, high-tech ball machine! It shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

Rent the Smash for \$10/hour (in addition to regular court time fees). Sign up at the front desk.

## Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help kids develop tennis and athletic skills, and improve overall health and fitness.

### Wheaton Indoor Tennis

214499	6-12yrs	6 Classes	\$120	9/10	M	5:00- 6:00pm
214502	6-12yrs	6 Classes	\$120	10/29	M	5:00- 6:00pm





## Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

### • Groundstrokes

#### Wheaton Indoor Tennis

212855	18 & up	6 Classes	\$120	9/6	Th	7:00- 8:00pm
212849	18 & up	6 Classes	\$120	9/10	M	6:00- 7:00am
212869	18 & up	6 Classes	\$120	9/11	Tu	11am-12:00pm
212856	18 & up	6 Classes	\$120	10/25	Th	7:00- 8:00pm
212852	18 & up	6 Classes	\$120	10/29	M	6:00- 7:00am
212870	18 & up	6 Classes	\$120	10/30	Tu	11am-12:00pm

### • Net Play

#### Wheaton Indoor Tennis

212871	18 & up	6 Classes	\$120	9/12	W	11am-12:00pm
212872	18 & up	6 Classes	\$120	10/31	W	11am-12:00pm

### • Serve and Return

#### Wheaton Indoor Tennis

212875	18 & up	6 Classes	\$120	9/8	Sa	2:00- 3:00pm
212876	18 & up	6 Classes	\$120	10/27	Sa	2:00- 3:00pm

## Matchplay Tennis

*Prerequisite: Instructor review of student's level of play*

Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about.

For Matchplay Tennis at **Pauline Betz Addie/Cabin John**, email Gino.Tomasello@MontgomeryParks.org or call 301-765-8652.

For play at **Wheaton**, email Justin.Reid@MontgomeryParks.org or call 301-905-3030.

#### Pauline Betz Addie Tennis / Cabin John

208474	18 & up	6 Classes	\$144	9/6	Th	11am-12:00pm
208460	18 & up	6 Classes	\$144	9/7	F	7:00- 8:00pm
208461	18 & up	6 Classes	\$144	9/7	F	8:00- 9:00pm
208459	18 & up	6 Classes	\$144	9/10	M	7:00- 8:00pm
208458	18 & up	6 Classes	\$144	9/10	M	8:00- 9:00pm
208473	18 & up	6 Classes	\$144	9/11	Tu	12:00- 1:00pm
208462	18 & up	6 Classes	\$144	9/11	Tu	7:00- 8:00pm
208463	18 & up	6 Classes	\$144	9/11	Tu	8:00- 9:00pm
208472	18 & up	6 Classes	\$144	9/12	W	1:00- 2:00pm
208464	18 & up	6 Classes	\$144	9/12	W	7:00- 8:00pm
208465	18 & up	6 Classes	\$144	9/12	W	8:00- 9:00pm
210151	18 & up	6 Classes	\$144	10/25	Th	11am-12:00pm
210164	18 & up	6 Classes	\$144	10/26	F	7:00- 8:00pm
210165	18 & up	6 Classes	\$144	10/26	F	8:00- 9:00pm
210205	18 & up	6 Classes	\$144	10/29	M	7:00- 8:00pm
210206	18 & up	6 Classes	\$144	10/29	M	8:00- 9:00pm
210500	18 & up	6 Classes	\$144	10/30	Tu	12:00- 1:00pm
210803	18 & up	6 Classes	\$144	10/30	Tu	7:00- 8:00pm
210804	18 & up	6 Classes	\$144	10/30	Tu	8:00- 9:00pm
210861	18 & up	6 Classes	\$144	10/31	W	1:00- 2:00pm
210865	18 & up	6 Classes	\$144	10/31	W	7:00- 8:00pm
210866	18 & up	6 Classes	\$144	10/31	W	8:00- 9:00pm

## Matchplay Tennis *Wheaton Indoor Tennis*

212155	18 & up	6 Classes	\$120	9/6	Th	8:00- 9:00pm
212161	18 & up	6 Classes	\$120	9/12	W	8:00- 9:00pm
212156	18 & up	6 Classes	\$120	10/25	Th	8:00- 9:00pm
212162	18 & up	6 Classes	\$120	10/31	W	8:00- 9:00pm

## Round Robin Doubles

Test your tennis prowess, meet new people and have fun at Wheaton Indoor Tennis on Fridays and Saturdays!

You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Round Robin Doubles are offered at two skill levels; please check descriptions below to decide where you fit best.

### • Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone standing still. Your first serves are good, but you'd like to increase their power; and you'd like to work on different strokes, increased control, and better shot placement, depth and power.

#### Wheaton Indoor Tennis

214462	18 & up	1 Classes	\$10	10/26	F	7pm- 9pm
214464	18 & up	1 Classes	\$10	10/27	Sa	7am- 9am
214450	18 & up	1 Classes	\$20	11/3	Sa	8pm-Midnite
214478	18 & up	1 Classes	\$10	11/10	Sa	7am- 9am
214466	18 & up	1 Classes	\$10	11/11	F	7pm- 9pm
214451	18 & up	1 Classes	\$20	11/17	Sa	8pm-Midnite
214468	18 & up	1 Classes	\$10	11/30	F	7pm- 9pm
214481	18 & up	1 Classes	\$10	12/1	Sa	7am- 9am
214453	18 & up	1 Classes	\$20	12/8	Sa	8pm-Midnite

### • Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing teamwork skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

#### Wheaton Indoor Tennis

214449	18 & up	1 Classes	\$20	10/27	Sa	8pm-Midnite
214463	18 & up	1 Classes	\$10	11/2	F	7am- 9am
214465	18 & up	1 Classes	\$10	11/3	Sa	7am- 9am
214452	18 & up	1 Classes	\$20	11/10	Sa	8pm-Midnite
214467	18 & up	1 Classes	\$10	11/16	F	7am- 9am
214484	18 & up	1 Classes	\$10	11/17	Sa	7am- 9am
214454	18 & up	1 Classes	\$20	12/1	Sa	8pm-Midnite
214469	18 & up	1 Classes	\$10	12/7	F	7am- 9am
214485	18 & up	1 Classes	\$10	12/8	Sa	7am- 9am



Friday, August 31  
through  
Sunday,  
September 2  
See page 162  
for details...

Cabin John Regional Park  
10610 Westlake Drive  
Rockville, MD 20852

Olney Manor Recreational Park  
16601 Georgia Avenue  
Olney, MD 20832

## Outdoor Tennis Lessons Court Locations

South Germantown  
Recreational Park  
*\*please see info below*

Wheaton Regional Park  
11717 Orebaugh Avenue  
Wheaton, MD 20902

*In case of inclement weather on your lesson days, please call us at 301-765-8650.*

USTA 10 and Under Tennis is a wonderful new program that will change the way kids 10 and under learn and play tennis from here on out. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

The classes listed here are held *outdoors*; for indoor 10 and Under Tennis classes, see page 155. Visit [www.10andUnderTennis.com](http://www.10andUnderTennis.com) for more information, and sign up today at ParkPASS.org!



*Finally! Courts and equipment that are sized just right for kids!*



### ...for Ages 4-6

#### **Cabin John Regional Park**

208631	4-6yrs	6 Classes	\$90	9/10	M&W	4:00- 5:00pm
208637	4-6yrs	6 Classes	\$90	9/11	Tu&Th	4:00- 5:00pm

#### **Olney Manor Recreational Park**

208630	4-6yrs	6 Classes	\$90	9/10	M&W	4:00- 5:00pm
208632	4-6yrs	6 Classes	\$90	9/11	Tu&Th	4:00- 5:00pm

#### **Wheaton Regional Park**

208633	4-6yrs	6 Classes	\$90	9/10	M&W	4:00- 5:00pm
208634	4-6yrs	6 Classes	\$90	9/11	Tu&Th	4:00- 5:00pm

### ...for Ages 7-10

#### **Cabin John Regional Park**

208650	7-10yrs	6 Classes	\$90	9/10	M&W	5:00- 6:00pm
208651	7-10yrs	6 Classes	\$90	9/11	Tu&Th	5:00- 6:00pm

#### **Olney Manor Recreational Park**

208642	7-10yrs	6 Classes	\$90	9/10	M&W	5:00- 6:00pm
208643	7-10yrs	6 Classes	\$90	9/11	Tu&Th	5:00- 6:00pm

#### **Wheaton Regional Park**

208647	7-10yrs	6 Classes	\$90	9/10	M&W	5:00- 6:00pm
208646	7-10yrs	6 Classes	\$90	9/11	Tu&Th	5:00- 6:00pm

## OUTDOOR TENNIS FYIs

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time. Questions? Call us at 301-765-8650.

### \* Montgomery Parks Makes Way for Montgomery TennisPlex

Beginning Fall 2012, Montgomery Parks will no longer offer outdoor tennis instruction at South Germantown Recreational Park. If you're interested in indoor or outdoor tennis instruction at South Germantown, please contact the Montgomery TennisPlex at [www.MontgomeryTennisPlex.com](http://www.MontgomeryTennisPlex.com). The new TennisPlex is managed by a private operator in partnership with M-NCPPC/ Montgomery Parks and is not a Parks-run facility.

Montgomery Parks will continue to offer indoor tennis instruction at Pauline Betz Addie Tennis Center and Wheaton Tennis Center, as well as instruction on outdoor courts in Cabin John Regional Park, Wheaton Regional Park and Olney Manor Recreational Park.





**Friday, August 31** through  
**Sunday, September 2**

Get in a good workout and some healthy competition this Labor Day weekend before you hit the barbecues and picnic food. Sign up for the Wheaton Indoor Tennis Labor Day Weekend Tournament!

### **WOMEN'S, MEN'S & MIXED DOUBLES**

- Adults age 18 and above
- Seven skill level divisions:  
3.0 & under, 3.5, 4.0 and 4.5 for Men's and Women's Doubles; and 6.0, 7.0 and 8.0 for Mixed Doubles.
- Matches will be scheduled between:  
6pm-11pm      Friday  
8am-6pm      Saturday  
8am-5pm      Sunday
- Entry fee: \$25 per person

A champion will be crowned for each Division, complete with a trophy to take home and the winning teams' names engraved on a plaque on permanent display at Wheaton Indoor Tennis. The Tournament will feature a main and back draw, so you're guaranteed to play at least two matches. We'll ask for your partner's name when you register.

Sign up [online](http://www.ParkPASS.org) today for  
ParkPASS #215749 at  
[www.ParkPASS.org](http://www.ParkPASS.org), or call us at  
301-905-3030.

**Don't delay—registration closes  
Tuesday, August 28 at 5pm.**

## **Beginner Tennis Teens & Adults (Outdoor)**

If you've never played tennis, this is the course for you! You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score. Please bring your own racquet/s, water and appropriate footwear.

### **Cabin John Regional Park**

215799	13 & up	6 Classes	\$90	9/10	M&W	9:00-10:00am
209049	13 & up	6 Classes	\$90	9/10	M&W	6:00- 7:00pm
209050	13 & up	6 Classes	\$90	9/11	Tu&Th	9:00-10:00am

### **Olney Manor Recreational Park**

208556	13 & up	6 Classes	\$90	9/10	M&W	6:00- 7:00pm
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### **Wheaton Regional Park**

208565	13 & up	6 Classes	\$90	9/10	M&W	6:00- 7:00pm
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## **Intermediate Tennis Teens & Adults (Outdoor)**

In Intermediate courses, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net. Please bring your own racquets, water and appropriate footwear.

### **Cabin John Regional Park**

208599	13 & up	6 Classes	\$90	9/10	M&W	10:00-11:00am
208608	13 & up	6 Classes	\$90	9/11	Tu&Th	6:00- 7:00pm
209051	13 & up	6 Classes	\$90	9/11	Tu&Th	10:00-11:00am

### **Olney Manor Recreational Park**

208604	13 & up	6 Classes	\$90	9/11	Tu&Th	6:00- 7:00pm
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### **Wheaton Regional Park**

208609	13 & up	6 Classes	\$90	9/11	Tu&Th	6:00- 7:00pm
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## **Cardio Tennis (Outdoor)**

For players at all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

### **Cabin John Regional Park**

208612	18 & up	6 Classes	\$90	9/10	M&W	7:00- 8:00pm
208614	18 & up	6 Classes	\$90	9/11	Tu&Th	7:00- 8:00pm

### **Olney Manor Recreational Park**

208620	18 & up	6 Classes	\$90	9/10	M&W	7:00- 8:00pm
208621	18 & up	6 Classes	\$90	9/11	Tu&Th	7:00- 8:00pm

### **Wheaton Regional Park**

208616	18 & up	6 Classes	\$90	9/10	M&W	7:00- 8:00pm
208618	18 & up	6 Classes	\$90	9/11	Tu&Th	7:00- 8:00pm

# Private Tennis Instruction in Montgomery Parks

Give your tennis game some extra attention with private tennis instruction through Montgomery Parks. The USPTA or USPTR certified instructors listed below are available to teach private lessons at Pauline Betz Addie Tennis Center, Wheaton Indoor Tennis, and Montgomery Parks outdoor courts (in season). Private lessons are available for all level of players, ages five and up. Contact the instructor directly for more info, or feel free to call us at 301-765-8650 or 301-905-3030.



## **Dennis Ballard**

4 years' teaching experience  
\$38/hr. + court fee  
240-687-0450  
DBallard@aol.com

## **Ross Howe**

22 years' teaching experience  
\$48/hr. + court fee  
301-908-4253  
Ross.H.Howe@gmail.com

## **Preston Jackson**

37 years' teaching experience  
\$44/hr. + court fee  
240-460-3981/301-725-1222  
TenPro1947@aol.com



## **Melvin Jenkins**

11 years' teaching experience  
\$38/hr. + court fee  
301-675-8466  
MelvinTennis@comcast.net

## **Marna Katzel**

28 years' teaching experience  
\$53/hr. + court fee  
301-540-9649/301-442-5931  
MarnaTennis@yahoo.com

## **Andrea Martin**

12 years' teaching experience  
\$38/hr. + court fee  
301-520-8041  
Andrea.Martin@hotmail.com

## **Raul Molina**

20 years' teaching experience  
\$45/hr. + court fee  
301-905-2213  
RMTennis@hotmail.com

## **Gregory Olagbegi**

27 years' teaching experience  
\$45/hr. + court fee  
301-674-8448  
GregOlagbegi@msn.com

## **Sam Prasert**

31 years' teaching experience  
\$44/hr. + court fee  
301-575-6731/301-942-1794  
SamPrasert@hotmail.com

## **German Sanchez**

16 years' teaching experience  
\$42/hr. + court fee  
202-415-3561  
Kikozas@hotmail.com

## **Tyrone Turner**

15 years' teaching experience  
\$45/hr. + court fee  
301-922-2395

## **Ben Woods**

42 years' teaching experience  
\$45/hr. + court fee  
202-213-1012  
301-649-1887 fax

## **Mehmet Yargici**

17 years' teaching experience  
\$40/hr. + court fee  
240-453-9462/301-653-4144  
MehmetYargici@aol.com

## **Selem Yargici**

12 years' teaching experience  
\$44/hr. + court fee  
301-251-7091  
Tennis@bidbox.com

## **Eric Zatman**

36 years' teaching experience  
\$44/hr. + court fee  
301-869-9753/240-506-1267  
EZatman@aol.com

## CUSTOM TENNIS CLASSES

Do you have friends, family members, classmates, or a church or scout group looking for a fun and healthy group activity? Tennis is excellent cardiovascular exercise and promotes good hand-eye coordination, balance and strength. Call us at Wheaton Indoor Tennis or Pauline Betz Addie Tennis Center in Bethesda, and we'll work together to create a custom tennis class just for you.

### **FOR MORE INFORMATION, PLEASE CONTACT**

**Wheaton:** Justin.Reid@MontgomeryParks.org (301-905-3030)

**Pauline Betz Addie in Cabin John:**

John.Metzger@MontgomeryParks.org (301-765-8650) or  
Gino.Tomasello@Montgomery.Parks.org (301-765-8652).

## Restringing/Regripping

- Available at both facilities
- Very reasonable rates
- Quick turnaround (one-two days)
- Ask for **Albert Lee** at Pauline Betz Addie (stringer at Wimbledon and the French, U.S., and Australian Open),
- and **German Sanchez** at WheatonTennis





Come on out to the **Agricultural History Farm Park** for some

# down-home fun on the farm!



## Blacksmiths & Friends Traditional Arts Show



**Saturday & Sunday,  
November 3 & 4 • 10am-4pm**

Blacksmiths, silversmiths, coppersmiths and other artisans will demonstrate their art.

- Hands-on instruction for children
- Demonstrations
- Metal gifts & art for sale
- Hayrides & food available
- Rain or shine
- FREE!

**301-807-0342  
AgHistoryFarm.org**

## BLUEGRASS on the Farm

**Saturday, September 8 • Noon-6pm**

### STARRING



## Lonesome River Band

Featuring **Sammy Shelor** (banjo); **Brandon Rickman** (vocals and rhythm guitar); **Mike Hartgrove** (fiddle); **Barry Reed** (bass); and newest member **Randy Jones** (mandolin and vocals).

*Check them out (with Steve Martin) on Letterman!*

Go to YouTube and enter "Lonesome River Band Steve Martin Letterman" and you'll find it (November 2011).

### with **Mercury Rising** and **The Patuxent Partners**

Join us for great bluegrass in the great outdoors! Bring your lawn chairs, blankets, and instruments if you want to jam. Food will be available for purchase.  
Kids under 12 FREE!

**Admission:** \$15 at the gate, \$12 pre-sale online

**[www.BluegrassOnTheFarm.com](http://www.BluegrassOnTheFarm.com)**

Don't miss **HARVEST FESTIVAL** October 6!  
See p.132 for all the details.

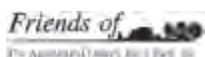


**December 8 & 9  
Noon-5pm**

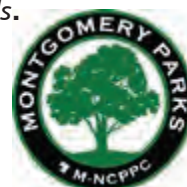
Come and enjoy the holiday spirit on the farm:

- Turn-of-the-century decorations
- Free live Christmas music and caroling
- Homemade baked goods for sale
- Free hayrides (weather permitting)
- Children's activities
- Free hot cider and ginger cookies

**301-670-4661 • AgHistoryFarm.org**



**Agricultural History Farm Park**  
18400 Muncaster Road, Derwood, MD 20855  
**[www.AgHistoryFarm.org](http://www.AgHistoryFarm.org)**



# How to register for a **Montgomery Parks Course** or **Program**



## BEFORE YOU REGISTER

- Visit [www.ParkPASS.org](http://www.ParkPASS.org) to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

## READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at [www.ParkPASS.org](http://www.ParkPASS.org), beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

## QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email [MCP-ParkPASSHelp@MontgomeryParks.org](mailto:MCP-ParkPASSHelp@MontgomeryParks.org).

## REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

## PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at [ParkPASS.org](http://ParkPASS.org).
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit [www.ParkPASS.org](http://www.ParkPASS.org) for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

## MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supersede this standard policy.



# REGISTRATION INFORMATION

## MONTGOMERY COUNTY RECREATION

### FOUR WAYS TO REGISTER



**RECWEB** Online registration at  
[recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov).



**FAX 240-777-6818**

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



**MAIL OR DROP OFF**



**FULL SERVICE IN PERSON**

Montgomery County Recreation  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099  
Phone: 240-777-6840  
Monday-Friday, 8:30am-4:30pm

### PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.
- Non-county residents must pay an additional \$15.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- The next opportunity to apply for financial assistance is June 18, 2012; however, it will not be available to use until July 1, 2012. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. On June 18th, financial assistance application forms will be made available. You may obtain an application by going online at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec), calling 240-777-6840, or visiting any recreation office, community center, or swim center.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

**Cancellation Policy:** Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

### WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: <a href="mailto:rec.refund@montgomerycountymd.gov">rec.refund@montgomerycountymd.gov</a> Online: <a href="http://recweb.montgomerycountymd.gov">recweb.montgomerycountymd.gov</a>	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

# DONT BE CONFUSED!

Montgomery County **PARKS** and Montgomery County **RECREATION** are two separate agencies, with separate customer records, course enrollment guidelines, etc.

But we publish this catalog together, so that you can get information about all the great Montgomery County courses in one handy Program Guide.

**BURGUNDY =**

**GREEN =**



Want to enroll in a  
**RECREATION** course?

Read the registration information on  
page 166,  
then fill out the **BURGUNDY**  
section of the  
registration form.

Want to enroll in a  
**PARKS** course?

Read the registration information on  
page 165,  
then fill out the **GREEN**  
section of the  
registration form.

- The Guide is color-coded for ease of use:

**RECREATION** courses are on the  
**BURGUNDY** pages.

**PARKS** courses are on the  
**GREEN** tabbed pages.

- The Guide's registration form is also color-coded:

**RECREATION = BURGUNDY**

**PARKS = GREEN**

Want to enroll in BOTH a **PARKS** course and a **RECREATION** course?

1. Make a copy of the registration form.
2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment [see page 165 for details].
3. Fill out the **BURGUNDY** section for the **RECREATION** course, and fax, mail, or bring the form to the appropriate Recreation location [see page 166 for details].

## GOT A QUESTION? CALL US!

**301-495-2580**  
**PARKS**

**240-777-6840**  
**RECREATION**





# RECREATION REGISTRATION FORM

## MAIN CONTACT (18 YEARS +)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Birth Date (mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_ Email \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## PAYER INFORMATION (If different than Main Contact)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Please check if this  
Home Phone \_\_\_\_\_ Email \_\_\_\_\_ is a new address/  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ phone/email.

## PARTICIPANT'S NAME (Last, First)

Birth Date  
(mm/dd/yyyy)

Gender  
(M/F)

Title

## CLASS/ACTIVITY

Number

Location

Fee


☐ Check or Money Order (payable to MCRD)

☐ VISA ☐ MasterCard

Non-County Residents include an additional \$15 per participant, per activity.

Cardholder Name (print) \_\_\_\_\_

Number \_\_\_\_\_

Exp. \_\_\_\_\_

Program Fee Total

Signature \_\_\_\_\_

Date \_\_\_\_\_

Mail to: MCRD, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902  
For registration assistance, please call (240) 777-6840.

FAX to: (240) 777-6818 (Credit Card Payment Only)

Online: [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way the County desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# PARKS REGISTRATION FORM

## MAIN CONTACT

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Birth Date (mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_ Email \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ ZIP \_\_\_\_\_

## PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Please check if this  
Home Phone \_\_\_\_\_ Email \_\_\_\_\_ is a new address/  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ phone/email.

## PARTICIPANT'S NAME (Last, First)

Birth Date  
(mm/dd/yyyy)

Gender  
(M/F)

Title

## CLASS/ACTIVITY

Number

Location

Fee


Program Fee Total

Save time and money! Register online at [ParkPASS.org](http://ParkPASS.org). To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit [www.MontgomeryParks.org](http://www.MontgomeryParks.org) for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Party

in the Parks!

*Host your next event at a  
Montgomery Parks Event Center*

## Get away

from it all. Our venues are just off the beaten path, but their beautiful park settings make you feel like you're out in the country.

## Get funky

Parks Event Centers aren't for everyone... but one may be perfect for you. They're beautiful, but not in a stuffy or stiff way. Think funky elegance, or comfy chic.

## Get real

Money's tight. Our venues are affordable. Let us put together a package that will work for your personal or business budget.



Photo by Ken Pak • [www.KenPakPhotography.com](http://www.KenPakPhotography.com)



Photo by Lucrecia Bagnati • [www.PhotoArtbyLu.com](http://www.PhotoArtbyLu.com)



Photo: [www.DocumentaryAssociates.com](http://www.DocumentaryAssociates.com)

**Brookside Gardens** | Wheaton, MD

**Rockwood Manor** | Potomac, MD

**Woodlawn Manor** | Sandy Spring, MD

**Agricultural History Farm Park** | Derwood, MD

**Seneca Lodge** | Boyds, MD

Get floor plans · photos · rates · more information at  
**[ParkEventCenters.com](http://ParkEventCenters.com) | [BrooksideGardens.org](http://BrooksideGardens.org)**

301-299-5026 | 301-962-1404 (Brookside Gardens)

[EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)







Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, MD 20902

PRSRT STD  
US Postage Paid  
Rockville, MD  
Permit No.138

or current resident



2012 MONTGOMERY COUNTY  
**THANKSGIVING  
PARADE**  
DOWNTOWN SILVER SPRING

**Saturday, November 17 - 10am**

Televised Live on News Channel 8



[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

For info: 240-777-6821 - Hablamos Espanol: 240-777-6839



MONTGOMERY COUNTY  
**Recreation**